

Look for healthier options

such as sandwiches, yoghurt, water, milk drinks, fruit, or plain hamburgers with salad



Using the sports canteen

to fuel your sport!

For more information, tips and recipes, see
<https://hw.qld.gov.au/blog/boost-your-recipes>

Contact

your club to see if they can provide healthier options



Support your club

to introduce healthier options, by visiting
hw.qld.gov.au/a-better-choice/sport-and-recreation



Berry + Yoghurt

Parfaits

Makes: 4 serves

Serves: 1 serve of fruit (per serve)

Ingredients

1 ½ cups vanilla Greek yoghurt

3 cups strawberries, quartered

1 ½ cups blueberries

Granola

½ cup rolled oats

2 tsp slivered almonds, chopped

½ tsp ground cinnamon

½ tsp vanilla extract

2 tsp pure maple syrup

Method

1. Preheat oven to 180°C.
2. Combine granola ingredients in a bowl. Once well combined, evenly spread over a lined baking tray.
3. Bake in the oven for 10–15 minutes or until golden brown.
4. To make the parfait, layer the yoghurt, berries, and cooled granola in four glasses.

Recipe alternatives

Replace slivered almonds in the granola layer with other nuts, seeds or shredded coconut.

Adjust the fruit layer to include fruits that are in season.

Recipe produced in conjunction with Nutrition Australia Qld.

