

BERRY TASTY YOGHURT CONES

These half-time treats will keep your whole team going until the final whistle.

SPORT
RELIEF

IT'S GAME
ON
9-13 MARCH



MAKES 8 CONES

YOU'LL NEED

- 8 ice cream cones
- Large tub of plain yoghurt
- Grapes
- Blueberries
- Blackberries
- Strawberries
- Colourful sprinkles (optional)

TO MAKE THE CONES

1. Wash the grapes and berries and leave to dry.
2. Cut strawberries into bite-size chunks.
3. Add a few spoonfuls of yoghurt to a cone, then add a layer of fruit.
4. Repeat until you reach the top, then decorate with a few final berries.
5. Add some sprinkles for the perfect finishing touch.

MATCH DAY MALT LOAF

This tasty bake gets better with age, so make it at the weekend and leave the flavours to mingle until Friday.

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MAKES ONE LOAF

YOU'LL NEED

- Sunflower oil, for greasing
- 75ml hot black tea
- 90g malt extract, plus extra for glazing
- 40g dark muscovado sugar
- 150g mixed dried fruit
- 1 large egg, beaten
- 125g plain flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon bicarbonate of soda

TO MAKE THE MALT LOAF

1. Heat the oven to 150°C/130°C fan/gas mark 2.
2. Grease and line a 450g loaf tin.
3. Pour the hot tea into a mixing box with the malt extract, sugar and dried fruit.
4. Stir well, then add the egg.
5. Tip in the flour, then quickly stir in the baking powder and bicarbonate of soda.
6. Pour into the prepared tin and bake for 50 minutes until firm to the touch and well risen.
7. Take it out of the oven and while it's still warm, brush the top with a little more malt and leave it to cool in the tin.
8. Remove from the tin and, if you're saving it for later, wrap it up and do your best to resist.

BANANA BOOSTERS

Need a quick energy boost?
These tasty treats will set you up
for sports day and beyond.

SPORT
RELIEF

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MAKES 8 BOOSTERS

YOU'LL NEED

- 8 chopsticks or lolly sticks
- 4 bananas
- 180g dark chocolate
- Hundreds and thousands

TO MAKE THE BOOSTERS

1. Line a baking sheet with greaseproof paper.
2. Break up and melt the chocolate on a low heat in the microwave.
3. Peel the bananas and chop each one in half.
4. Carefully slide a chopstick or lolly stick into each half.
5. Dip the end of each booster into the chocolate, using a spoon to make sure it's well-coated.
6. Sprinkle with hundreds and thousands and carefully place on the baking sheet.
7. Pop them in the fridge until the chocolate has set, then serve.