

EF* Team Recipes

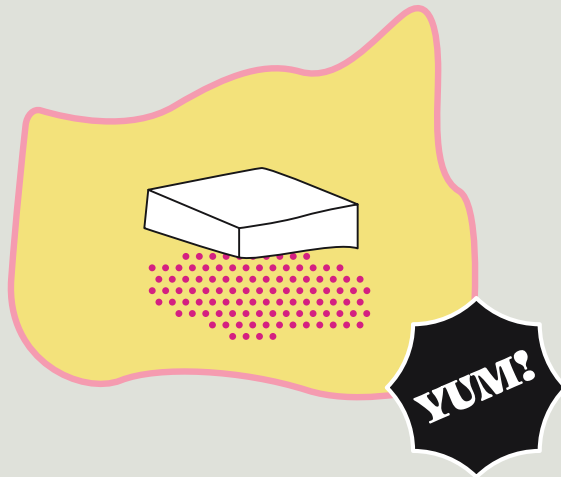
The recipes that fuel us every day while we're out riding our bikes, resting at home, or exploring the world.

**Very unofficial and in no way connected to team Education First—Easypost*

ON-THE-BIKE RICE CAKES

Ingredients

- 4 cups tap water
- 2 ¼ cups white short grain rice
- 2 ½ cups full fat cream cheese
- 2 tablespoons granulated white sugar
- 2 tablespoons melted coconut oil
- 1 teaspoon vanilla extract



Instructions

In a rice cooker, combine your water, rice, sugar and coconut oil. Turn it on (white rice setting, if your rice cooker specifies) and let cook. Once finished cooking, mix cream cheese, any mix-ins, and vanilla into rice.

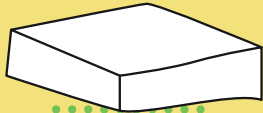
Spoon into a large zip-closure freezer bag. Flatten, smooth the air out and leave to cool on a flat tray. Once cool, transfer to the refrigerator to chill overnight.

In the morning, cut into approximately 20 squares, keeping them all together in an airtight container, or individually wrap them in foil. Keep refrigerated for up to about four days.

VEGAN RICE CAKES

Ingredients

- 4 cups water, 1000g
- 2 ¼ cups white short-grain rice, 500g
- ¾ cup creamed coconut, 200g
- 2 tablespoons white sugar, 25.2g
- 2 tablespoons coconut oil, 24gc
- 1 teaspoon vanilla extract



VEGAN!

Instructions

In a rice cooker, combine water, rice, sugar, coconut oil and vanilla. Turn it on and leave to cook. Once finished, mix coconut cream directly into the warm rice. Add any spices, fruit, chocolate, nuts or other add-ins you may want. Mix thoroughly.

Spoon into a large zip-closure freezer bag. Flatten, smooth the air out and leave to cool on a flat tray. Once cool, transfer to the refrigerator to chill overnight.

In the morning, cut into approximately 20 squares, keeping them all together in an airtight container, or individually wrap them in foil. Keep refrigerated for up to about four days.

BANANA SOURDOUGH PANCAKES

Ingredients

- 2 tablespoons lively sourdough starter
- 1 cup plant milk of your choice
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon salt
- Honey to taste
- 1 cup mixed white and wholemeal flour or any wheat flour you like (spelt, rye, etc.)
- 1 banana



Instructions

THE NIGHT BEFORE

Add plant milk to your sourdough starter. Add cinnamon, nutmeg, salt, and your squeeze of honey.

Top up with flour and give it a good mix until it is fully blended together and quite thick. Put a lid on your container and leave it to ferment overnight in the fridge.

MORNING OF

Mash a banana into the bubbly batter. Cook in a little oil in your best non-stick or cast-iron frying pan on low/medium heat. Serve with greek yogurt, fresh berries, and your choice of sweetener.

Lemon Chia Overnight Oats

Ingredients

125g almond milk
60g oatmeal (regular or quick rolled)
½ teaspoon cinnamon
¼ teaspoon cardamom
Pinch of salt
1 teaspoon chia seeds
60g soy milk
1 tablespoon honey
Lemon juice from ¼ of a lemon
Lemon zest from ¼ of a lemon

Instructions

Put all of the ingredients except lemon zest in a bowl. Stir well.

Cover the bowl with cling wrap and put it in the fridge overnight.

Add lemon zest in the morning.



PROTEIN RECOVERY SHAKE

Ingredients

2 heaping scoops Neversecond
chocolate P30 (40g)
350ml milk, dairy or alternative
(or 1½ cups)
2-3 frozen bananas
(200-350g or about 2/3 of a cup)
Pinch of salt (optional)
Spices to taste
[cinnamon, nutmeg, etc](optional)

Instructions

Put all of the ingredients except
lemon zest in a bowl. Stir well.

Cover the bowl with cling wrap and put
it in the fridge overnight.

Add lemon zest in the morning.



HUNGARIAN HOT SAUCE

Ingredients

600g of chillies
(e.g. habanero peppers)
600g sweet red Kapia peppers
Salt to taste



Instructions

Wash the peppers. Cut open the Kapias and remove and discard the seeds. Mash the chillies and the Kapias in a blender or vegetable chopper.

Season with salt. Let the mixture sit for one hour.

Drain excess moisture using a colander or cheese cloth. Pour the mixture in jars and pasteurise. Allow the mixture to cool before sealing the jars.

Enjoy your Hungarian hot sauce whenever you think a dish needs some extra flavour or spice.

SWEET APPLE HAND PIES

x4

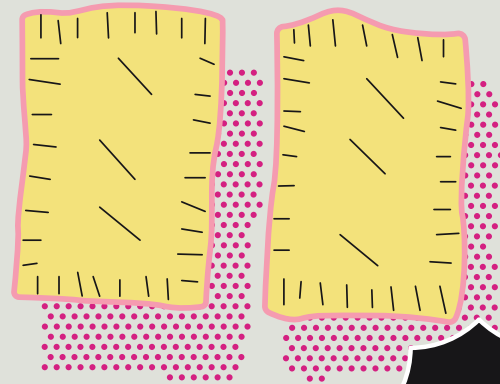
Ingredients

Whole grain crust

- 1.5 cups whole spelt flour
- 0.5 teaspoon salt
- 1 teaspoon sugar
- 0.5 cups cold unsalted butter
- 2-4 Tablespoons ice water
- 2 teaspoons apple cider vinegar

Apple filling

- 3-4 medium apples
- A mix of sweet & tart varieties if possible
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1 pinch nutmeg
- 3 dashes angostura bitters
- juice of half a lemon
- 3 Tablespoons whole spelt flour
- Egg wash (1 egg + 1 teaspoon water + pinch of salt, beaten together)



Flaky!

SWEET APPLE HAND PIES *cont.*

Instructions

In the bowl of a food processor, quickly pulse together flour, salt and sugar. Roughly chop cold butter into 5 or 6 chunks, and drop into flour mixture. Pulse until you've got pea-sized bits of butter evenly distributed through flour. Drizzle vinegar + 2 tablespoons of water over the mixture and quickly pulse until the dough starts to come together. Add up to 4 tablespoons of water if the dough still feels too crumbly to hold together.

Turn dough out onto a floured cutting board, gather together into a ball, then shape into rough rectangle. Wrap dough with plastic wrap and let chill in the fridge for 30 minutes.

In the meantime, core and roughly chop apples, leaving their skins on. Add them to food processor along with spices, bitters, lemon juice and flour.

Give the filling 4-5 very quick pulses so that the apples end up finely chopped, not pureed!

On a floured surface, roll out the dough into a rectangle approximately 1/8 inch thick. Cut dough into eight, clean, small rectangles.

On a parchment-lined baking sheet, set four rectangles of dough, evenly spaced. Mound 2-3 tablespoons of filling on each, then top with remaining four pieces of dough. Crimp around the edges of each pie with a fork. Make a few slits in the top of each to release steam as they bake.

Set baking sheet in the freezer for 30 minutes and preheat oven to 400 degrees, Fahrenheit. Use a pastry brush to lightly coat each pie with egg wash. Cook for 20 minutes or until pies have a deep golden brown color all over.

OVERNIGHT OATMEAL

Ingredients

- 1¼ cup plain nonfat yogurt (or non-dairy substitute)
- 1½ cup nonfat milk (or non-dairy substitute)
- 2 tablespoon maple syrup
- 1½ cups old-fashioned rolled oats
- ½ teaspoon fine salt
- 1 tablespoon ground flax seeds
- 1/3 cup raisins or other dried fruit

Optional additions:

- ½ teaspoon cinnamon
- 1 tablespoon chia seeds
- Mixed fresh fruit and nuts to serve

Instructions

Combine yogurt, milk, maple syrup, oats, salt, flax seeds, dried fruit and optional cinnamon in a medium bowl. Mix well and divide between two or three glass containers (depending on how much breakfast your body needs) with lids. Close lids tightly and refrigerate for at least six hours, or up to five days.

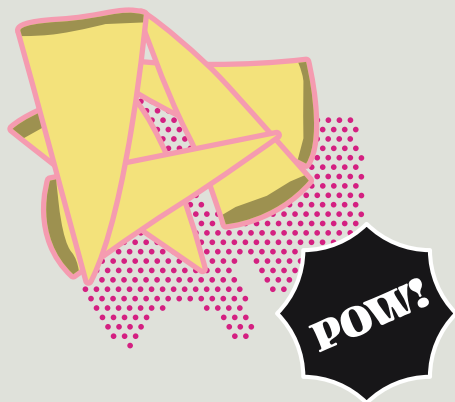
At breakfast time, open a jar, stir well and add any additional milk to taste. Top with optional seeds, fruit and nuts and enjoy.



SOCCA

Ingredients

- 1 cup chickpea flour (120g)
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ tablespoon minced fresh rosemary (optional)
- 1 cup warm water
- 4 tablespoons olive oil + more for serving



Instructions

In a large bowl, stir together chickpea flour, pepper, salt and (optional) minced rosemary. Slowly add warm water and 2 tablespoons olive oil, whisking well to get rid of any lumps of dry flour.

Cover the bowl and allow the batter to rest for at least one hour. It should be a very pourable consistency.

Place a heavy 12-inch oven-proof skillet (cast iron is best) in your oven and preheat to 450°F (230°C). Remove the preheated skillet from the oven. Add 1 tablespoon olive oil to coat the bottom of the hot pan. Pour in the batter and bake for 12-15 minutes or until the pancake has firmed up and the edges are beginning to brown.

CHEWY VANILLA NUT BAR

X16

Ingredients

2 cups rolled oats, 200g (old-fashioned, not instant)

$\frac{3}{4}$ cup unsalted butter, 170g

$\frac{3}{4}$ cup dark brown sugar, tightly packed, 180g

$\frac{3}{4}$ teaspoon fine sea salt

1 teaspoon finely grated lemon zest (from one medium-sized lemon)

$\frac{1}{4}$ cup honey, 85g

1½ teaspoons vanilla extract

$\frac{2}{3}$ cup roasted nuts, 100g, roughly chopped (almonds, cashews, walnuts and hazelnuts all work great)

$\frac{1}{2}$ cup toasted pumpkin seeds, 70g

$\frac{1}{4}$ cup flax seeds, 40 g

2 tablespoons chia seeds

1 cup chopped, pitted Medjool dates, 190g (~ 10 large dates)



CHEWY VANILLA NUT BAR cont.

Instructions

Prepare a 9 x 13-inch baking pan with sides at least one inch high by greasing with butter or coconut oil and lining with parchment paper. Preheat your oven to 350°F (180°C).

Take about half of the rolled oats (approx. 1 cup) and pulse them briefly in a food processor so that they're roughly broken up.

In a medium saucepan, combine butter, brown sugar and salt. Heat slowly, stirring regularly until the fats are melted and mixture is smooth. Remove from heat and mix in lemon zest, honey and vanilla.

In a large bowl, combine oats (processed and unprocessed), the warm butter mixture, chopped nuts, seeds and chopped dates. Mix well, then turn out into the prepared baking pan.

With a rubber spatula, press the mixture firmly into the pan and spread evenly.

Bake for about 25-30 minutes, until golden, bubbling and browned around the edges. Remove from the oven and let cool to room temperature, about 45 minutes, before removing from the pan. Cut into bars or squares as you like, just make sure to cut them within an hour or so of baking, before they firm up completely. They become much trickier to cut cleanly.

Wrap individually in foil or Skatch paper for a ride snack, or store in an airtight container at room temperature for up to five days.

ENERGY BALLS

Ingredients

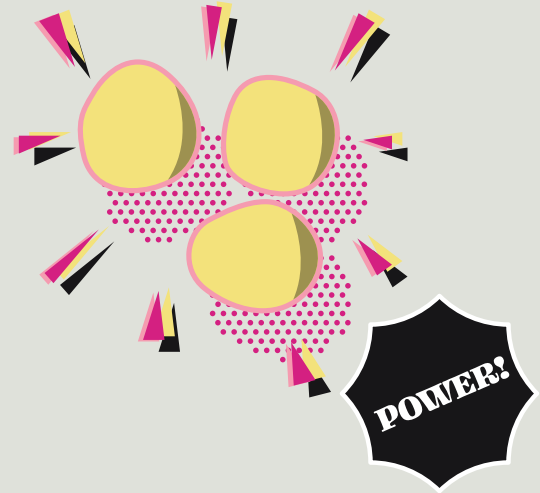
- 100 grams oats (1 cup)
- 250 grams dates (1 cup)
- 60 grams chia seeds (1/3 cup)
- 50 grams agave nectar (2 tablespoons)

Instructions

Blend the oats, dates, and chia seeds together in a blender/food processor.

Add your agave in and blend once more.

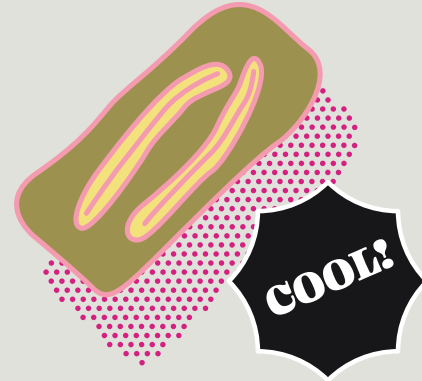
Roll into balls and place in fridge for 30-60 minutes until firm.



VEGAN BANANA BREAD

Ingredients

3 ripe bananas
100g vegetable oil, nut butter, or coconut oil
100g maple syrup (optional substitute:
dates, figs, apricots, sugar)
230g flour
(spelt, rye, einkorn, polenta, buckwheat, etc)
30g ground flaxseeds/almonds
50g plant milk
15g baking powder
7g salt
10g nutmeg
10g cinnamon
10g cardamon
Sliced banana and demerara sugar to finish



VEGAN BANANA BREAD cont.

Instructions

Prepare a rectangular baking tin by greasing with vegetable oil and cutting a piece of non-stick baking parchment paper to cover the bottom and two long sides of the pan.

If using dates or dried figs as your chosen sweetener, they'll need to be rehydrated slightly so they will blend easily into the batter. Leave in a bowl with boiling water for 10mins, then drain off the liquid and add the fruit to a food processor. If using honey, syrup or sugar instead of the fruit, simply cream this together with the bananas and the oil in the processor.

Once the wet ingredients have been mixed together, weigh out all the other dry ingredients and add to the mixing bowl.

Combine with a spatula until the batter is uniformly even. The mixture should be of a heavy pancake batter consistency.

Spoon into the baking tin and smooth out the top with a spatula. Then place slices of banana on top of the cake and sprinkle with salt and demerara sugar for a sweet, salted caramelised finish.

Bake for 45-50mins at 170C/340F. Insert a clean knife or skewer to test if the cake is baked through. If it comes out clean, it's done!

MIXED BEAN CHILI

Ingredients

Water (8 cups for slow cooker or 1 cup for stovetop)
6-7 medium yellow onions
800g tinned tomatoes (3 ½ cups)
200g black beans, dried (1 cup)
200g butter beans, dried (1 cup)
200g red kidney beans, dried (1 cup)
100g pinto beans, dried (½ cup)
50g tomato puree (¼ cup)
1 vegetable stock cube
(or substitute with 1 cup of vegetable broth)
1 tsp chili powder (optional)
1 tsp paprika (optional)
1 tsp ground cumin (optional)
1 tsp mixed herbs (optional)
Avocado slices to top chili &
lime squeeze to finish



MIXED BEAN CHILI cont.

Instructions

Slow cooker method:

Chop or dice the onions and put all the ingredients in the pot to soak overnight and switch the slow cooker on its medium setting in the morning, stirring occasionally. [8-12 hours]

Stovetop:

Add some oil to pot and first sauté the onions for about 5 minutes. Add chili powder and mix. Add beans, tomato puree, tomatoes, cup of water, vegetable broth or stock, paprika, cumin, and herbs.

Bring to a boil. Turn the heat to low, cover and simmer for 30 minutes, stirring occasionally. Taste and add salt if needed.

Electric pressure method:

Chop or dice the onions. You can cook the beans from dry or soak them overnight since they cook a little better that way. When using your electric pressure cooker, set cooking time for 40 minutes at high pressure (total time is about 1 hour and 20 minutes).

Pro tip: Make some rice to go along with it or to have the next day with your leftovers

CINNAMON BUNS

X8

Magnus Cort's favorite!

Ingredients

Dough

- 400g Lukewarm milk
- 550g White flour
- 50g Spelt flour
- 12g Salt
- 15g Cinnamon
- 10g Dry yeast and/or 120g sourdough culture
- 50g Brown sugar
- 50g White sugar

Filling

- 50g butter
- 100g brown sugar
- 15g cinnamon
- 100g white flour
- A dash of milk

Glaze

- 150g Honey
- 150g Boiling water



CINNAMON BUNS cont.

Instructions

Mix all of the ingredients for your dough in a bowl and let sit for 20 minutes. Knead dough on a floured surface until it is elastic. Put dough in a lightly greased bowl, cover with plastic wrap, and let rise at room temperature for two to three hours until it is doubled in size.

Mix all of the ingredients for the filling in a small bowl until it forms a thick paste.

Punch down your dough and roll it out into a rectangle on a flat and floured work surface with a rolling pin until it is about 1.5 cm thick. Spread filling on one half of the dough, split widthwise. Fold the dry half of your dough over the side that is covered with filling. Crimp the edges of your dough and then cut it into eight equal-sized strips. Twist each strip along its length, holding one end firm and turning the other, and then coil it into a spiral.

Place your spirals of dough on a parchment-paper-covered baking sheet, cover with plastic wrap, and let rise for two to three hours until they have doubled in size. Preheat your oven to 180 degrees celsius. Brush each spiral of dough with egg. Bake for 20 to 25 minutes. Make a syrup out of your honey and boiling water.

DESIGNED BY

ELLIOT K.G.

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