

# **Melbourne Marathon Spartans Club**



**RECIPE BOOK**

**2021**

# Spartan Recipes

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## Introduction

“Let food be thy medicine, and let medicine be thy food” - Hippocrates

To maintain the necessary vitality suitable for distance running requires suitable fuel. Each runner is a unique individual so it follows that each runner requires fuel suitable to their individual needs. We present a collection of recipes sent in by Spartans that have been special to them for various reasons. Some Spartans have been kind enough to share their ‘food as medicine’ or ‘food as rocket-fuel’ pre-race recipes, while other recipes have far more nostalgic, emotional and personal stories behind them that have a real significance to those sending them in.

As is customary with documents such as this, if you’re considering trying any of these recipes, please ensure that there are no ingredients that fall into the categories of allergies or intolerances for yourself or anyone likely to be consuming them. Additionally, please feel welcome to share your special recipe with the Spartan community. Bon Appetit!

Yours in mind, body and spirit – Jay Fleming (S1012)

When I took over as Secretary of the Melbourne Marathon Spartan Committee in 2014 I also inherited the job of compiling the Newsletter. Being a new Spartan and new to Newsletter editing I was on a steep learning curve. So to try and make it fun reading, I included a Recipe section. Other Spartans were kind enough to make contributions which made my job easier. And now David Foskey has cleverly assembled them all here for you. How cool is that.

One recipe which is still my constant go to (and my whole family’s treat) are the Cacao Fruit Balls - a recipe given to me by an old running buddy “Muzza”. They do contain cashews and almonds so not so great for those with allergies. But perhaps you could find some creative alternatives.

The older I get the more I learn about food being thy medicine - not just for our bodies but for our minds as well.

Enjoy the compilation.

Happy Running – Felicity Doolan (SF80)

## Smoked Eggplant Dip

**Anne Ziogos SF45 February 2021**

**Preparation Time:** 5 minutes

**Cooking Time:** 30 minutes

**Makes:** 1 Cup



### Ingredients

- 1 Large Eggplant
- Juice from 1 Lemon
- 1 Tablespoon White Vinegar
- ½ Teaspoon Minced or Crushed Garlic
- Salt to taste
- Olive Oil to garnish
- Fennel Seeds to garnish
- Smoked Paprika to garnish

### Method

Roast the eggplants either under the grill or on the hob or a hot-plate or BBQ for about 30-minutes.

Once the flesh of the eggplant is golden brown in colour and the skin looks wrinkled and blackened remove from the heat and let cool.

Blend all ingredients together in a blender or chopped up and mixed in a bowl.

Serve with warm pita or crusty bread.

## Warm Artichoke Dip

**Heather McBride SF86 November 2014**

This recipe isn't exactly super healthy but it is post-Marathon, Christmas party season and is a guaranteed WINNER!

### **Ingredients**

400 gm Can Artichokes – drained and roughly chopped  
1 Spring Onion – finely sliced  
1 Cup Quality Mayonnaise  
1 Cup Grated Parmesan cheese  
Juice of one Lemon  
Season with Paprika, Salt & Pepper

### **Method**

Mix all this together in a flattish ovenproof dish.

Bake in a moderate oven for about 20 minutes or until browned.

Serve warm with crackers, Turkish bread or carrot, celery sticks etc



## Cannellini Bean Dip

**Anne Ziogos SF45 December 2019**

This is an easy and nutritious recipe to make and enjoy on warm summer days. You can serve the cannellini bean dip with crispy vegetables, pita bread, corn chips or crackers. Enjoy!



### Ingredients

- 1 x 400 g can cannellini beans drained
- 2½ tablespoons tahini
- 1 tablespoon olive oil
- Juice of one lemon
- 1 clove garlic crushed
- Salt and pepper to taste
- 2-3 table spoons of water (if needed)
- Lemon slices and Italian parsley to garnish

### Method

Place all ingredients except water in food processor and blend.

Add water a teaspoon at a time to thin to a desired consistency.

Place dip on a serving plate, garnish with lemon and parsley and serve.

## Hummus

**Cath Bombardieri SF68 May 2015**

### Ingredients



600g canned Chickpeas, drained, rinsed  
3 Garlic Cloves, crushed  
100ml Olive Oil  
2 tbs Tahini Paste  
1 tsp Ground Cumin  
Juice of 1 Lemon

### Method

Place all Ingredients in a food processor and process until combined. Add ¼ cup (60ml) of water and process again until quite smooth.

Place hummus in a bowl and serve with toasted Turkish bread or vegetable sticks!

## **Lemon, Herb and Almond Mushroom Salad**

*Tweaked recipe from "Australian Mushrooms"*

**Felicity Doolan SF80 April 2018**

**Preparation time:** 10 minutes

**Serves:** 4 (as a side salad or 1 as a decently-sized meal)

### **Ingredients**

125ml (¼ cup) extra virgin olive oil  
Juice of one lemon  
1 red chilli, de-seeded and finely chopped  
250g Swiss (or button) mushrooms, sliced  
4 Lebanese cucumbers  
1 bunch flat leaf parsley, roughly chopped  
Handful of roasted or activated almonds  
Knob of grated turmeric and ginger  
Himalayan salt and a little pepper, to season

### **Method**

*Dressing:* In a screw top jar combine olive oil, lemon juice, chillies and a pinch of salt. Put on the lid and shake until well combined.

*Salad:* Add all salad ingredients to a bowl, top with dressing and gently mix to combine. Serve as a side salad with chicken, fish or grilled meat or consume the whole lot yourself for a very filling meal



## Delicious Turmeric Zucchini Soup

**Maureen Wilson SF34 June 2019**

### Ingredients:



- 2 tablespoons coconut oil
- 2 large brown onions, diced
- 1 teaspoon sea salt
- 1 kg zucchini, diced into cubes
- 4-6 cloves garlic, diced
- 2 teaspoons of turmeric powder
- 2 teaspoons mild curry powder
- ½ teaspoon white pepper (black is OK)
- ½ cup vegetable stock
- 1 400g can coconut cream or milk
- 1 teaspoon fish sauce (optional)
- Juice of ½ small lime (about 2 tablespoons)

Fresh coriander/cilantro for garnish

### Method

Heat oil in a medium saucepan over medium heat. Add onion and sauté for 4-5 minutes, stirring a few times, until softened and golden.

Add salt, zucchini and garlic and stir through the onion. Then add the turmeric, curry powder and pepper and stir through a few times to release the aromas.

Add the stock, coconut milk and fish sauce and stir through. Bring to boil, then turn the heat down to low. Cook for 10 minutes, simmering and covered with a lid.

Finally, add the juice of ½ lime and stir through. Serve with a few fresh coriander leaves on top.

### Variations:

You can blitz the soup for a smooth texture before serving and adding garnish.

## Vegetable Soup

**Anne Ziogos SF45 March 2020**

This healthy vegetable soup recipe will keep your spirits up. You can add or subtract vegetables according to what you have in the fridge, you don't have to strictly stick to the original recipe.

### Ingredients



3 tablespoons olive oil  
2 cups chopped onion (1 medium)  
1 1/2 cups chopped carrot (3 to 4 carrots)  
1 1/2 cups chopped celery (2 to 3 stalks)  
2 tablespoons tomato paste  
4 teaspoons minced garlic (4 cloves)  
3/4 teaspoon ground fennel seed  
1/2 teaspoon ground black pepper  
1/2 teaspoon fine sea salt, plus more to taste

1/4 teaspoon crushed red pepper flakes  
1 (15-ounce) can diced tomatoes with their liquid  
6 cups stock or broth or vegetable cubes  
2 cups chopped potato (2 medium)  
2 heaped cups chopped or shredded cabbage  
2 bay leaves  
1 cup frozen peas  
1/2 teaspoon apple cider vinegar or fresh lemon juice

### Method

Heat two tablespoons of the olive oil in a stockpot pot or Dutch oven over medium heat. Add the onions, carrots, celery, and the tomato paste. Cook, stirring often, for eight to ten minutes until the vegetables have softened and the onions are translucent.

Add the garlic, fennel, black pepper, 1/2 teaspoon of salt, and the red pepper flakes. Cook, while stirring, for one minute.

Pour in the canned tomatoes and their juices as well as the stock/broth. Add the potatoes, cabbage, and the bay leaves.

Raise the heat to medium-high and bring the soup to a boil. Partially cover the pot with a lid, and then reduce the heat to maintain a low simmer. Simmer for 20 minutes or until the potatoes, and other vegetables are tender. Add the frozen peas and cook for five more minutes.

Remove the pot from the heat and remove the bay leaves. Stir in the cider vinegar (or lemon juice) and the remaining tablespoon of olive oil. Taste and season with more salt, pepper and add yogurt to serve.

## Easy Peasy Four-Bean Soup

**Felicity Doolan SF80 July 2016**

### **Ingredients**

1 Tbsp Olive Oil  
1 Onion (roughly chopped)  
3 Garlic Cloves (sliced)  
1 Celery Stalk (roughly chopped)  
1 Carrot Stick (roughly chopped)  
3 Thyme Sprigs  
½ Cup (105gm) Pearl Barley  
2 Cups (500ml) salt-reduced Vegetable Stock  
2 x 400gm cans Four Bean Mix (rinsed and drained)  
1 400gm can Chopped Tomatoes  
½ Cup Flat-Leaf Parsley (finely sliced)

### **Method**

Heat the oil in a large, deep saucepan over low heat. Add the onion, garlic, celery, carrot and thyme. Cook, stirring for 8-10 minutes until the onion is soft. Add the barley and stir to coat in the onion mixture.

Add the vegetable stock and 4 cups water and then bring to the boil. Reduce heat to medium/low and simmer for 20 minutes or until the barley is slightly tender.

Add the beans and tomato and stir to combine. Bring back to a simmer and cook for a further 15 minutes or until the barley is soft.

Serve in bowls sprinkled with parsley & crusty bread!

## Thai Pumpkin and Sweet Potato Soup

**Felicity Doolan SF80 July 2015**

### **Ingredients:**

2 tablespoons Olive Oil  
2 Onions, peeled & chopped  
1 Leek ½ red Capsicum  
1 large Sweet Potato  
1 large Butternut Pumpkin  
1 litre Chicken Stock  
400mls Coconut Milk  
1 Tablespoon Cumin Powder  
1 Tablespoon Coriander Powder  
Dollop of Sour Cream & fresh Coriander to serve

### **Method**

Chop Onions & Leek and fry in Olive Oil until soft.

Add chopped Capsicum

Peel & chop Sweet Potato & Pumpkin and boil or microwave until soft, then add to Onion mixture

Add Chicken Stock, Coconut Milk, Cumin & Coriander Powder.

Puree Soup until Smooth.

Bring to the boil.

Serve with Crusty Bread and top with Sour Cream & Chopped Coriander

## Italian Beans with Pasta

**Felicity Doolan SF80 August 2015**

Time for a Carb loaded Recipe!

### **Ingredients**

1 Tablespoon Olive Oil  
1 Red Onion, chopped  
2 Garlic Cloves, crushed  
125 Pancetta, chopped  
1 Tablespoon fresh Thyme or Rosemary, chopped  
400gms tin Borlotti Beans  
250ml Vegetable Stock  
400gms Pasta (e.g. Penne)  
2 Tablespoons fresh Parsley, chopped

### **Method**

Heat the oil in a pan and cook the Onion, Garlic and Pancetta for 4 minutes. Stir in Thyme OR Rosemary.

Drain and rinse the Beans and stir into the Onion mixture. Pour over the Stock and bring to the boil. Cover the pan and simmer for 10 minutes.

In the meantime, cook the Pasta.

Using a slotted spoon, remove a quarter of the bean mixture from the pan and set aside in a small bowl. Pour the remaining bean mixture into a blender and puree until smooth. Season to taste with sea salt and fresh ground pepper, then pour sauce back into pan.

Add the reserved Beans and Parsley.

Drain the Pasta, add to the sauce and serve immediately.

## Chia Chocolate Mousse

**Maureen Wilson (SF34) March 2019**



### **Ingredients**

¼ cup chia seeds  
1 x 400ml can coconut cream  
1/3 cup cacao powder  
1/3 cup real maple syrup  
1 teaspoon vanilla extract  
1/2 teaspoon flakey sea salt  
Cacao nibs, for serving (optional)

### **Method**

Blitz chia seeds first for smoother texture then add coconut milk, cocoa powder, maple syrup, vanilla and salt. Decorate with cacao nibs if using. Cover and place in the fridge for 2 hours or overnight.

### **Variations**

- Serve with berries, toasted almonds, toasted coconut.
- Serve with granola and coconut yogurt.
- Add peppermint essence



## Chia Pudding

**Anne Ziogos (SF45) May 2021**



### **Ingredients**

$\frac{3}{4}$  cup almond or coconut milk (unsweetened)  
1 tbsp maple syrup or honey  
1 tsp pure vanilla extract  
3 tbsp chia seeds  
Nuts, berries, stewed fruit for the topping

### **Method**

Mix all ingredients except for the topping of nuts, berries or fruit.  
Refrigerate overnight  
Add your favourite topping

Enjoy!

## Summer Fruit Ice Cream

**Anne Ziogos (SF45) December 2018**

Summer holidays are the time to be with our loved ones, eating, drinking and having a great time. At times missing a run or just having a well earned rest. You can have all that and still stay fit and healthy. Try and go for daily walks with your family and friends. Take a picnic lunch and enjoy the best of everything. Time with the family, exercise and a delicious lunch with mother nature. Organise games with friends and family and enjoy exercising while you are having fun. Have some family and friends races. Walk to the local shops and carry your shopping back, whilst enjoying your natural environment by looking at the flora and fauna. Enjoy the gorgeous and colourful summer fruit. Find a "pick your own farm", enjoy picking your own fruit and cooking with it, all the while enjoying incidental exercise.

Here is a cool recipe for those warm summer days and the fruit you may have picked.



### **Ingredients:**

One cup of frozen fruit per person (I use raspberries or bananas)

A teaspoon of honey or maple syrup to sweeten, only if you would like your ice cream sweetened

### **Method:**

Using a blender add ingredients and blend Serve immediately with fresh fruit. Enjoy!

## Biscuit Recipe Using Three Ingredients

**Anne Ziogos SF45 August 2018**

### Ingredients

1 Cup Fresh Dates, Seed removed  
1 Cup Almonds  
1 tablespoon cacao powder

### Method



1. Place all ingredients into bowl of processor
2. Blitz until dough forms
3. Roll into balls (size to your liking)
4. Press each ball with fork to flatten on baking tray lined with with baking paper.
5. Bake in a Moderate Oven 180°C for 10 mins.

The biscuits cook very quickly so watch them when you pull them out they won't look cooked but will harden slightly once cool. They are a soft biscuit though!

HAPPY BAKING AND HAPPY RUNNING.

## Chocolate Nut Truffles

**Anne Ziogos SF45 June 2018**

To live a healthy lifestyle and to be able to get through the demands of the daily slog (not to mention training on top of all that) we need to fuel our bodies. We are now becoming more aware of the importance of the good bacteria in our systems. Let's face it, we can't live a healthy lifestyle without healthy bacteria in our guts. The bacteria in our gut also need a good and nutritious diet. Here is a recipe that ticks all the boxes and hopefully will keep you running for longer and stronger. (Great to take out on long runs with you, for extra energy.)



### Ingredients

- 1 cup raw macadamia nuts
- water as needed
- ½ cup maple syrup
- 1 cup raw cacao powder
- ½ cup chopped nuts

### Method

Place the macadamias in a food processor or high-speed blender and process until finely ground. Slowly add a little water and process again until a thick paste forms.

Add maple syrup and cacao powder and briefly process until combined.

Using damp hands roll the mixture into balls at your desired size.

Line baking tray with baking paper.

Place cacao powder for rolling in one bowl and chopped nuts in another. Around 3 tablespoons of each. You can add more as needed.

Roll the truffles in either cacao powder or nuts and place on lined baking tray.

Place in the refrigerator and chill for at least 4 hours.

Keep in a sealed container and enjoy at any time.

## **Carrot & Pecan Nut Muffins**

**Sue Nevins SF118 August 2014**

### **Ingredients**

1 cup Wholemeal Flour  
1 teaspoon Bi-Carb Soda  
1 teaspoon Cinnamon  
1 cup Raisins  
1 cup grated Carrot  
1 cup grated Zucchini  
1/2 cup Raw Sugar  
1 cup chopped Pecan Nuts  
2 Eggs  
1/2 cup oil

### **Method**

Beat oil and eggs together, add all other ingredients and combine well.

Put into muffin pans and bake for 20-25 mins at 160 degrees Celsius.

## Cacao Fruit Balls

**Felicity Doolan SF80 May 2014**

This was the first recipe published in a newsletter, and we owe Felicity, who was secretary at the time, credit for the initiative.



### Ingredients

- 1/2 cup Almonds
- 1/2 cup Cashews
- 1/2 cup Sunflower Seeds
- 1 cup Dates
- 1/4 cup Sultanas
- 1-2 teaspoons Vanilla Essence
- 2-3 dessert spoons Cacao (or Cocoa) Powder
- Desiccated Coconut (for rolling)

### Method

Process everything (except Coconut) in Food Processor - but not too fine.

Then roll into walnut size balls & finally roll in Coconut.

Place mixture in fridge for 30 minutes or more. Enjoy.

Yummy, healthy & satisfies the sweet cravings!



## Pritikin Fruit Cake

**David Foskey S25 July 2014**

Well before Atkins, keto or the Paleolithic diet, the Pritikin diet promised long life and health. The following recipe was published in 1979, and it is part of my pre marathon ritual to make the cake. My children even like it.



### Ingredients

- 1 Cup of Currants
- 1 Cup of Raisins
- 1 Cup of Sultanas
- ½ Cup of Glace Cherries\*
- ½ Cup of Mixed Peel\*
- ¼ Tsp Ground Cloves
- ¼ Tsp Ground Nutmeg
- ½ Tsp of Ground Cinnamon
- 1 Cup water
- 2 Cups Self-Raising Wholemeal Flour (stone ground)
- 1½ Cup Skimmed Milk
- 1 Unbeaten Egg White
- \*Wash to remove syrup

### Method

Place fruit, spices and water into a large saucepan. Stir until mixture simmers – at least 3 minutes.

Cool for at least 30 minutes, but don't let it get cold.

Then add flour, milk and egg white all at once. Mix thoroughly.

Line a medium sized cake tin with foil. Pour mixture in, and bake in moderately hot oven (190 degrees) for 45 minutes.

### Variations

fruit juice for water (eg unsweetened pineapple juice) or preserved ginger instead of cherries.

## Supercharged Smoothie

**Wayne Thompson S78 May 2021**

This smoothie is rapidly absorbed and replenishes the body. The recipe leaves plenty of room for individual choices.

### **Ingredients.**

500ml skim milk or almond or soy or even water.

Add fruit from the following list. One or more, or anything else you like. The broader the range the better: Banana, Blueberries, Raspberries, Pear, Apricot, Apple, Nectarine, Peach, Mango, Orange, Mandarin, Kiwi fruit, Watermelon, Cantaloupe, Grapes.

Protein Powder.

Yoghurt.

Occasionally a spoon of Staminade or Gatorade powder.

Possibly oats, bran, wheat germ, or barley.

Honey.

Even sugar if you have trained very hard prior and you will be active for the coming hours.

### **Method**

Blend thoroughly.

### **Wayne's Comments**

I often create 2.2 litres of mix.

After a 15 or 20km run I usually down at least a litre.

Also, before or after, a small tin of salmon, or tuna, or sardines or chicken.

I usually use the entire mix by about 4 hours later.