



Sweet potato race cakes

Perfect for post race or an afternoon snack
before an evening run



Sweet potato race cakes

Hannah Grant's recipe

300 g (2 cups) baked sweet potato
4 eggs
65 g (½ cup) rolled oats
6 Medjool dates (120 g)
3 Tbsp. honey
1 tsp. vanilla essence
1 tsp. cinnamon
2 tsp. baking powder
1 lime, zest and juice
100 g (½ cup) melted coconut oil
30 g (½ cup) raspberries, fresh or frozen

Makes 12 cakes

High Carb (38g)

Low Protein (1g)

Fridge/Freeze

- Pre-heat the oven to 170°C
- Blend all the ingredients except the coconut oil and the berries; blend until smooth.
- Add in the melted coconut oil while blending at low-medium speed.
- Spoon the batter into the paper cases to about ¾ full and press the berries into the batter.
- Bake them for 25–30 minutes, they are done when they are golden brown and firm.





“These cakes are a great counterbalance to the bland “beige” food that endurance athletes sometimes seem to end up eating huge quantities of.

It’s a reminder that variety of taste and texture is important to keep interest in food and eating high. This can often be suppressed in a long event and it's critical to keep fuel coming in, so mixing up what you eat is a really good idea.”

Pro tip from Rebecca



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- Build sustainable nutrition habits
- Create personalised fuelling plans for training and race day
- Recover smarter to reach new goals

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