

Splash snacks

Be prepared to be hungry before (the thought of exercise makes us hungry!) and after Splashathon. So to ensure you and your baby are fuelled for activity, follow the simple guide:



Drink plenty of water before and after the event. Not just because you're exercising, but because swimming baths are warm places that can make you and your baby a little dehydrated.



Ensure you both get a hearty and healthy breakfast. Porridge and fresh fruit are perfect.



Make sure you pack a quick easy snack for afterwards such as a banana or cereal bar.



Splash snacks

And if you are looking for inspiration for fun splash snacks, how about these:

Healthy Hummus

This is a great pre-swimming snack as it won't fill up your little one but it will give enough energy to get them through their first ever 'swim a width in fancy dress' challenge! Decorate a plate of hummus and dips in water-inspired designs. It will really get them in the water babies mood.

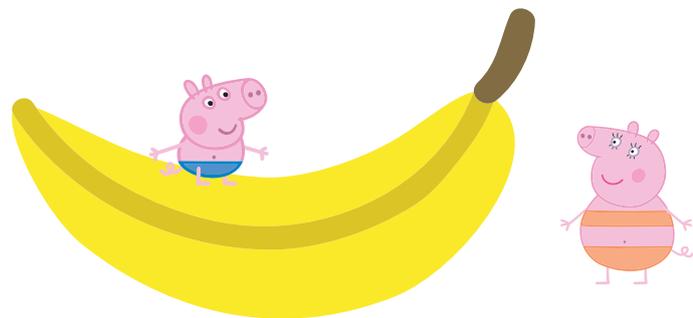


Banana bread surprise

Bananas are full of potassium and magnesium which help protect you from muscle cramps. So what better way to refuel after an exhausting Splashathon, than to tuck into a freshly baked banana bread. But this one comes with a difference - add in crushed smarties to the mixture for a 'splash' of sweetness and colour!

Follow this simple guide:

- 220g self-raising flour
- 150g caster sugar
- 2 medium eggs
- 60g butter
- 3 ripe bananas - even better if going a little brown
- A handful of crushed smarties



Get baking:

- Set oven to 170C
- Grease and line a small loaf tin with greaseproof paper.
- Cream together the sugar and butter until pale and fluffy (a mixer is best).
- Beat the eggs together before slowly adding to the sugar and butter mixture.
- Mash the bananas in a separate bowl.

Fold the sifted flour (and salt), and then fold in the sticky mashed bananas

Last but no means least, break up the smarties with the back of a rolling pin or pestle & mortar, and sprinkle generously into the mixture

Bake in centre of the oven for 45-55 minutes until golden and a knife will come out clean (or perhaps a little chocolatey!) when tested.