

## Eating in when flying. And Potato Scones.

It is important that when flying we eat the correct food. Many people think that foods like muesli bars are the food to have. I used to think that Mars bars are the food to *drink*. The issue with foods like these is that they give energy soon after eating, but have the problem of reducing our energy soon after creating fatigue. The other issue is that particularly if we are flying a week long competition and we are eating sweets for our mid day meal, I hope that you can see that it can hardly be the best for our health.

The best food to eat is what you would normally eat on any other day, or as I have heard "Eat what your mother would feed you."

The problem is it is not easy to eat sandwiches or sushi rolls in your glider. I have come across a meal that is high in carbohydrate that gives slow release energy, is easy to pack and eat in the glider and it does not crumb. The Potato scones can also be made in bulk and stored in the freezer waiting for the next gliding day.

Oven Temp	200°
Tin/Pan	Floured Tray
Baking Time	12-15 Min
Serves	approx. 20-25

### Ingredients:

- 3 Cups mashed potato
- 150 gms butter
- 3 beaten eggs
- 4 cups Self Raising Flour
- 3 tspn baking powder
- ½ tspn salt
- 150gm parmesan cheese
- 3 tspns chopped chives
- Milk

### Method

1. Mash potato and add butter – blend together
2. Add beaten eggs
3. Sift flour, salt and baking powder and using a butter knife to combine with potato mix. to
4. Add parmesan cheese and chives and mix well
5. Add milk to make a dough
6. Knead lightly on floured surface
7. Press to depth 2 cm and cut into rounds
8. Place on floured tray and dust with milk
9. Bake for 12-15 mins until golden brown