Cycling fuel / steady endurance sessions

Date & Rice Ball Bombs

The classic homemade gel

> **Approximate yield: 12 balls — actual yield and portion weights require verification.**
>
> Carbohydrate and calorie values are not yet verified.

Ingredients

- 2 cups cooked sushi or short-grain rice, still warm
- 8 pitted dates, finely chopped
- 2 Tbsp honey
- 1/2 tsp salt
- 1 Tbsp coconut oil

Method

1. Start with freshly cooked rice. Using clean hands and utensils, promptly mix in the chopped dates, honey, salt and coconut oil.
2. Spread the mixture thinly in a clean shallow container, or divide into small portions, to cool rapidly. A cold-water bath around the container can help. Do not leave rice in its cooking pot or rice cooker to cool.
3. Chill as quickly as possible, ideally within one hour of cooking. Once cool, cover and refrigerate. Keep the fridge at 0–5°C; check with a thermometer.
4. Once chilled, shape into portions, weigh and record the finished yield, wrap individually and return promptly to the fridge. Shaping and wrapping do not restart the storage clock.

> **Storage and carrying:** Eat within 24 hours of cooking. Pack straight from the fridge into an insulated cool bag with frozen gel packs or ice packs; keep chilled until eating and refrigerate on arrival where possible. Foil, clingfilm, a jersey pocket or an ordinary bag does not provide chilled transport. If you cannot keep the rice balls chilled, choose another snack. This recipe does not establish a safe room-temperature riding duration.
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> Sources: FSA rice guidance (https://www.gov.uk/government/publications/home-food-fact-checker/home-food-fact-checker#rice) · FSA refrigeration guidance (https://www.gov.uk/government/publications/how-to-chill-freeze-and-defrost-food-safely/how-to-chill-freeze-and-defrost-food-safely) · FSA picnic transport guidance (https://www.gov.uk/government/publications/keeping-food-safe-on-a-picnic/keeping-food-safe-on-a-picnic)