

 **NARWEE**  
P.S  
Healthy  
Cook Book!  
**DEEDS HOT WORDS**

...  Fast ..  
n'  Easy ...

# Acknowledgements

Special thanks must go to...

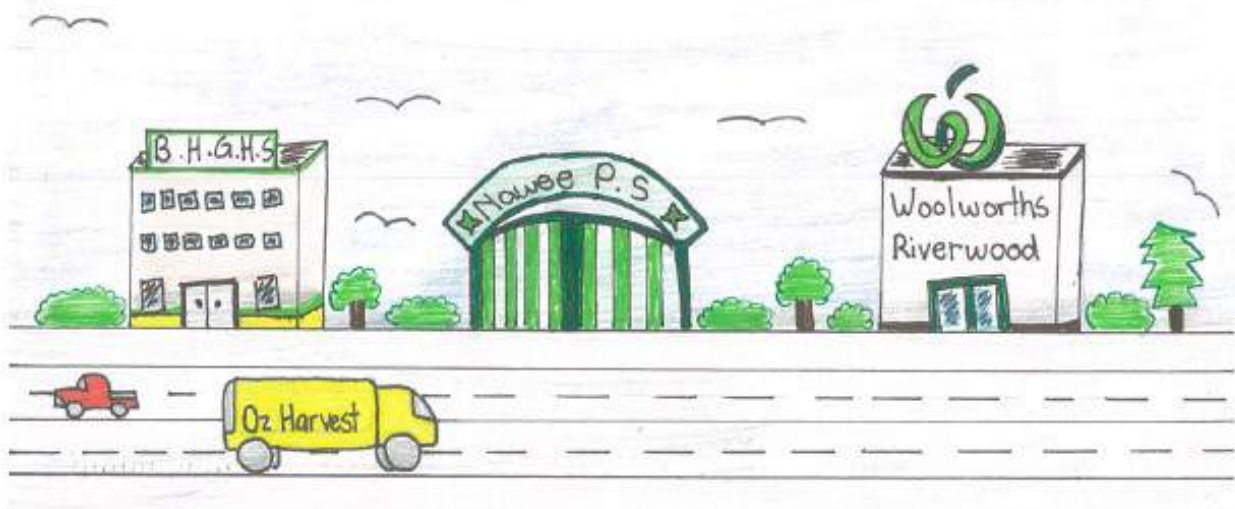
Amelia and the Oz Harvest / FEAST Team

Beverly Hills Girls High School

Riverwood Woolworths

Pamela and the Dragons (NRL)

All the family and community volunteers



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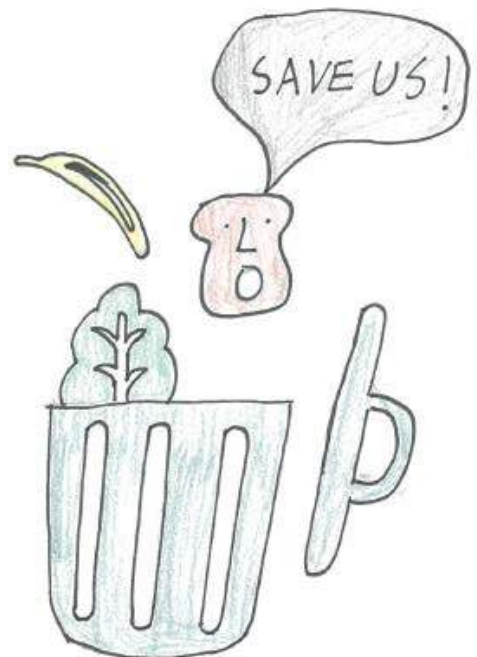
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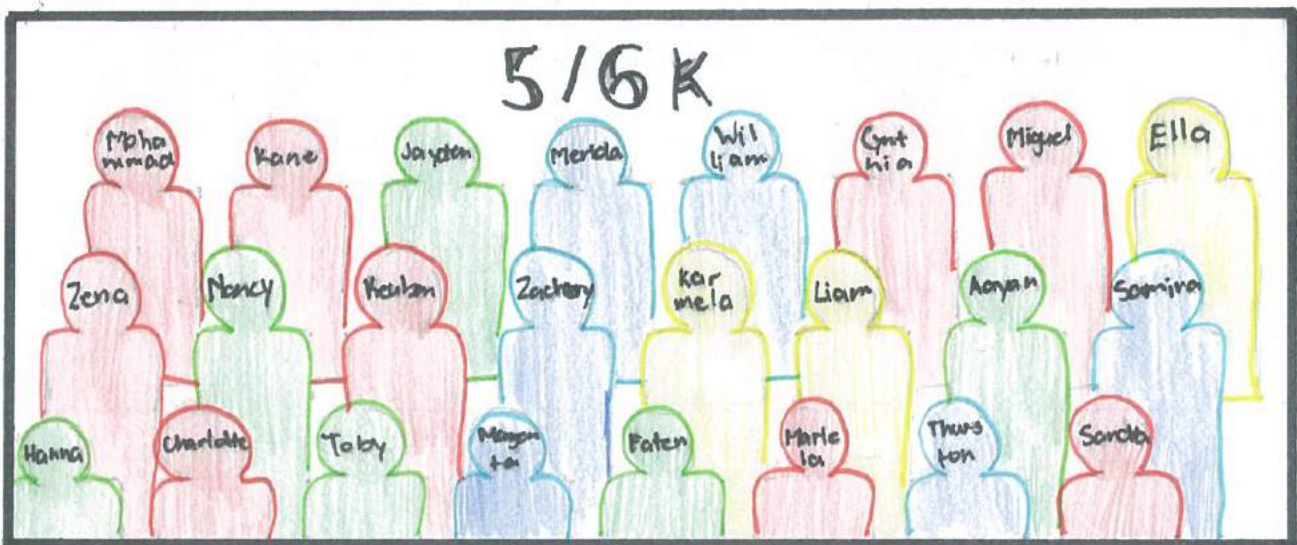
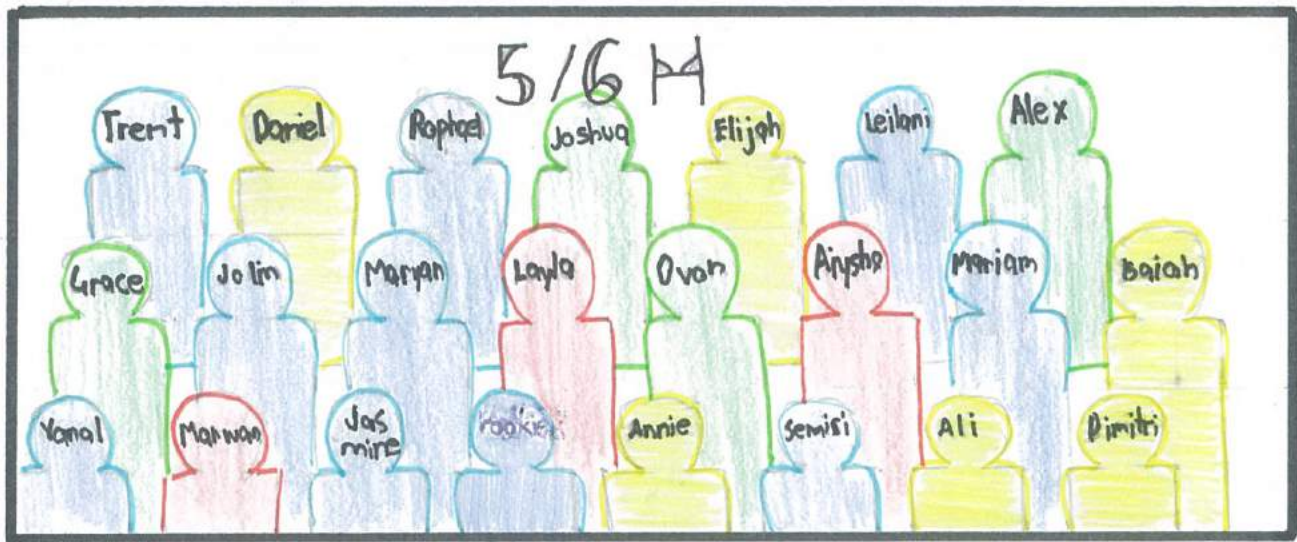
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# Meet the Chefs



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# 01 Fresh & Healthy Juice

Jayden, Miguel, Karmela, William

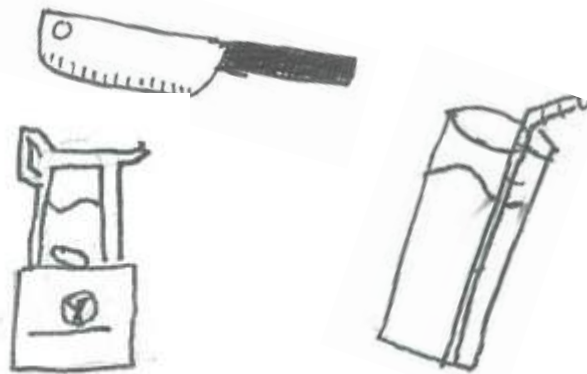
## Ingredients

- carrot
- $\frac{1}{4}$  watermelon
- tomato
- coconut water
- ice cubes
- fruit and veg of your choice



## Equipment

- blender
- knife
- glass/cup
- straws (reusable)



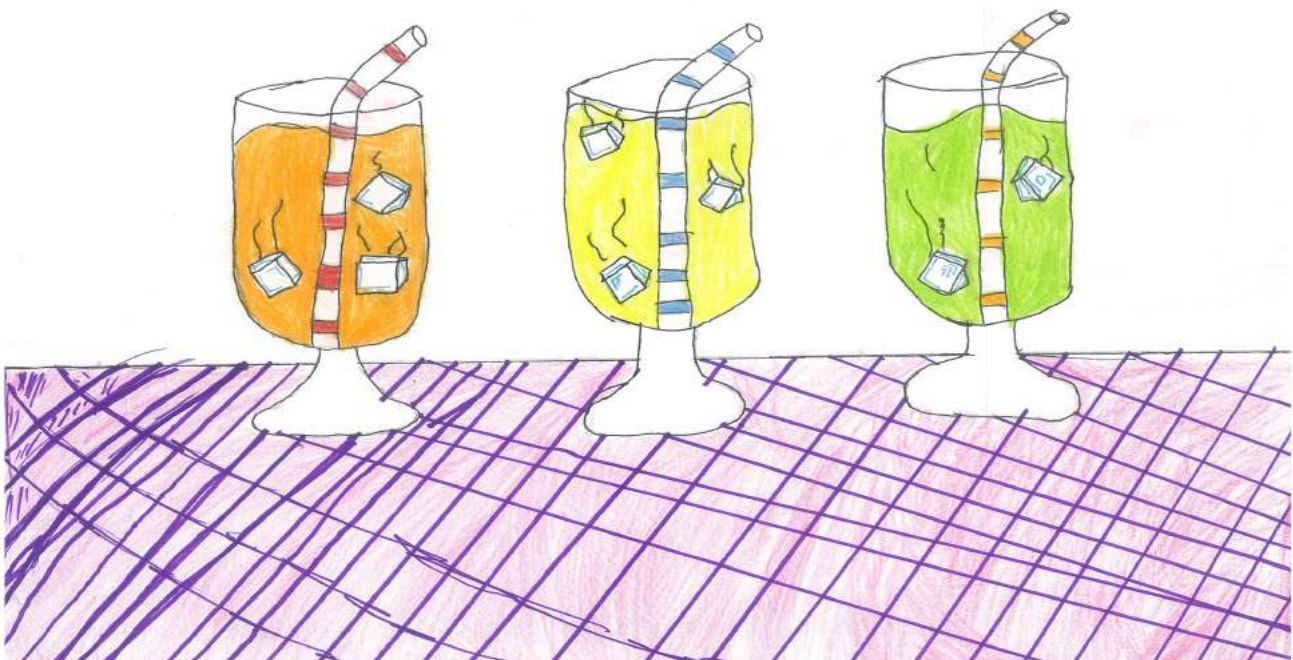
**Skills:** slicing, dicing, blending, washing



# Method

1. Wash fruit and vegetables before preparation.
2. Slice and dice your fruit and vegetables.
3. Place your fruit and vegetables and coconut water in the blender.
4. Blend your ingredients together for 30 seconds or until smooth.
5. Pour your juice in a glass/cup. You may like to place in ice and use straw as well.
6. Enjoy!

**Hints and Tips** : Use almost out of date fruit and vegetables for your juice. There are endless yummy combinations possible.



One in five shopping bags end up in the bin, this recipe helps you use any fruit and vegetables that are about to go to waste.



# 02 Strawberry Smoothie

Marxus, Jan, Yolanda, Kai

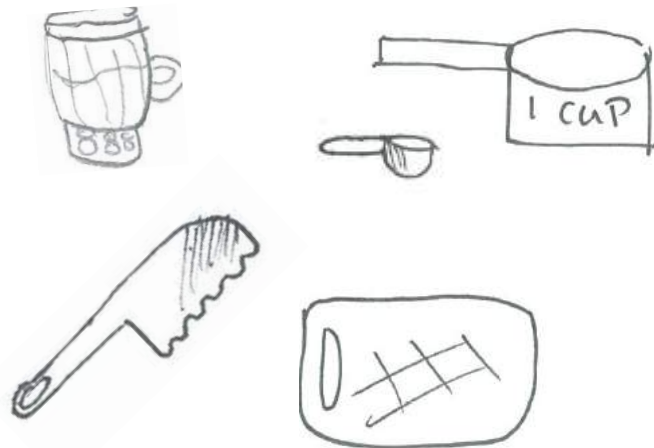
## Ingredients

- 4 cups of fresh strawberries
- 2 cups of milk
- 2 cups of ice
- 2 tbsp of honey
- 1 cup of strawberry yoghurt



## Equipment

- blender
- measuring cups
- measuring spoons
- cutting board
- cups to serve
- knife



**Skills:** cutting ,blending, measuring



## Method

1. Wash your hands and the fruit.
2. Add four cups of strawberries into the blender.
3. Add two cups of milk.
4. Add two tablespoons of honey.
5. Add one cup of strawberry yoghurt.
6. Blend in a blender then serve.
7. Enjoy!

**Hints and Tips :** You can substitute strawberries for your favourite fruit or use almond milk for vegans.



Milk has a shorter use by date than other food so it can go off easily. If you make this smoothie you use a lot at one time. When fruit is soft it is a great addition to a smoothie.

### 03 Fruity Smoothie Ice-Blocks

Ali, Joshua, Marwan, Raphael

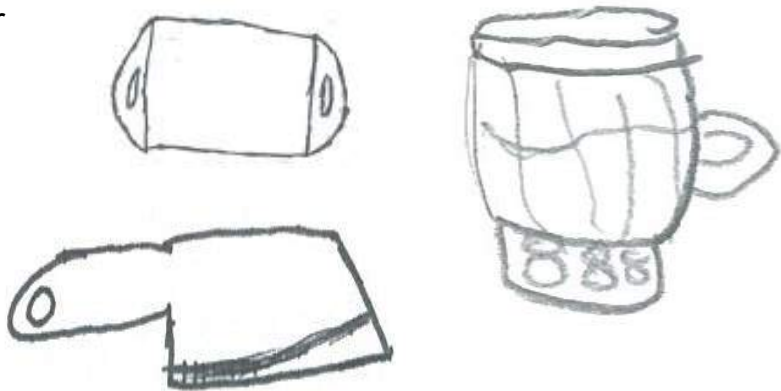
## Ingredients

- 2 pieces of fruit  
(orange, mango or pineapple)
- 1-2 scoops vanilla ice cream
- 1Tbsp honey
- 600mL organic apple  
and blackcurrant juice



# Equipment

- knife
- cutting board
- ice-block container
- juicer
- blender



**Skills:** juicing, cutting, scooping, measuring, pouring



serves

# 3-6

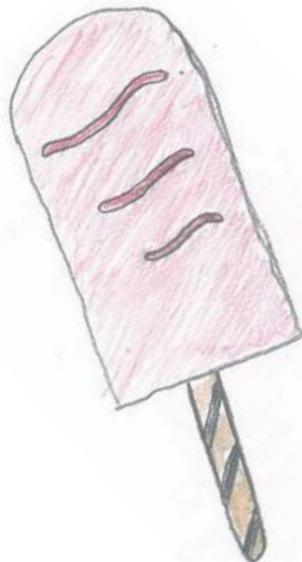
prep

**5-10 mins**



# Method

1. Wash hands.
2. Cut fruit into small pieces. Juice oranges.
3. Fill the ice-block containers half way with juice.
4. Distribute the fruit evenly between the ice-block containers.
5. Put ice-block containers in freezer until frozen.  
(Approximately 1 hour.)
6. Put left over fruit in blender.
7. Put vanilla ice-cream, honey, fruits and 200mL juice into the blender and blend.
8. Pour smoothie into cup and take ice-blocks out of the freezer (when ready) and enjoy.



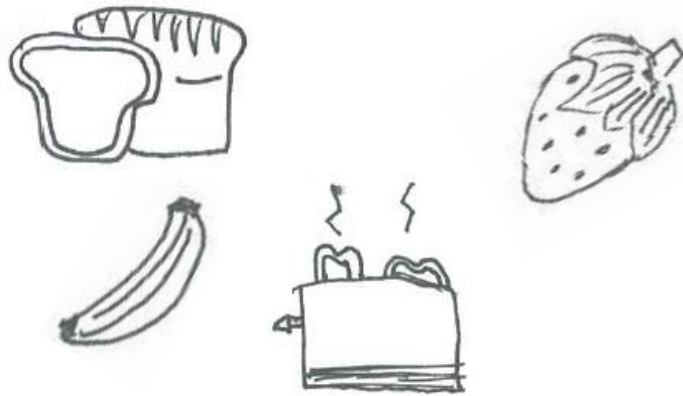
Our recipe reduces food waste because fruits can expire in a short period of time. Turning fruit into organic ice blocks and smoothies creates delicious snacks.

# 04 Fast Fruity Toast

Hanna, Liam, Rueben, Kane

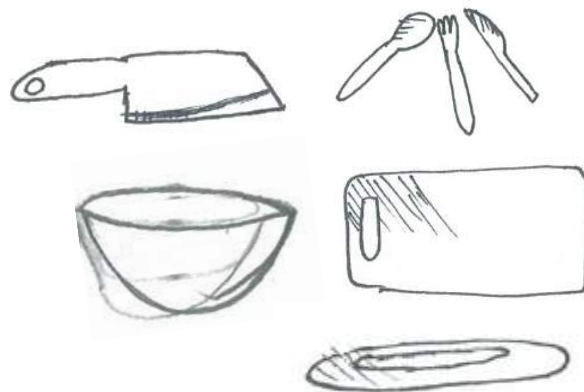
## Ingredients

- 4 slices of bread
- 4 bananas
- half a punnet of strawberries

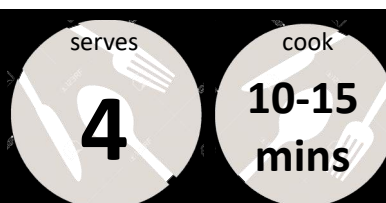


## Equipment

- toaster
- knife
- spork
- bowl
- 4 plates
- chopping board



**Skills:** toasting, mashing, slicing



# Method

1. Plug in your toaster and put your bread in.
2. Mash the bananas while the bread is toasting.
3. Put your mashed bananas on the toast.
4. Slice your strawberries and put them on the toast.
5. Enjoy your fast, fruity toast.

**Hints and tips:** You can use other fruit combinations if you want such as bananas and blueberries.



Bananas and strawberries go off quickly, so here's a quick and easy recipe to make before they go off and are wasted.

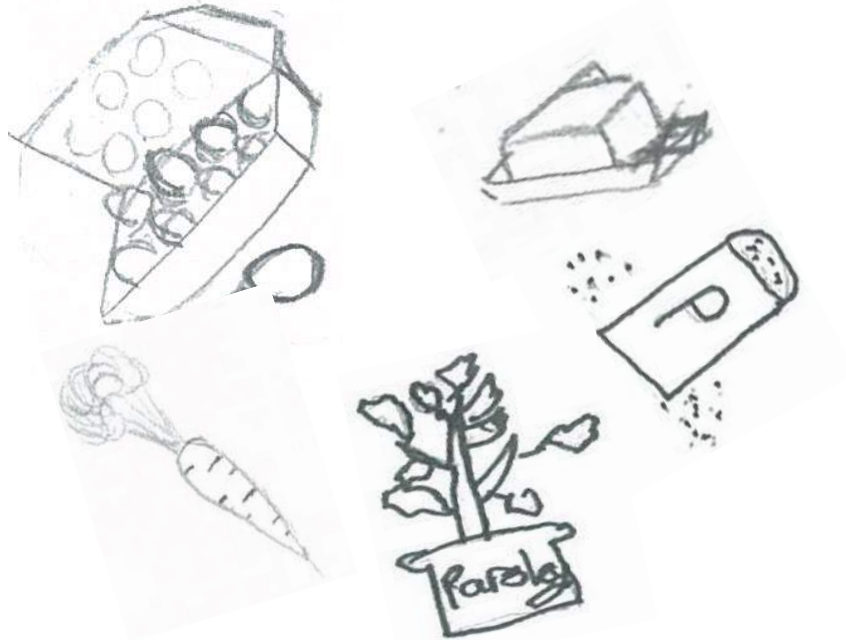


# 05 Garden Scramble

Isaac, Checy, Rayden, Kendiza

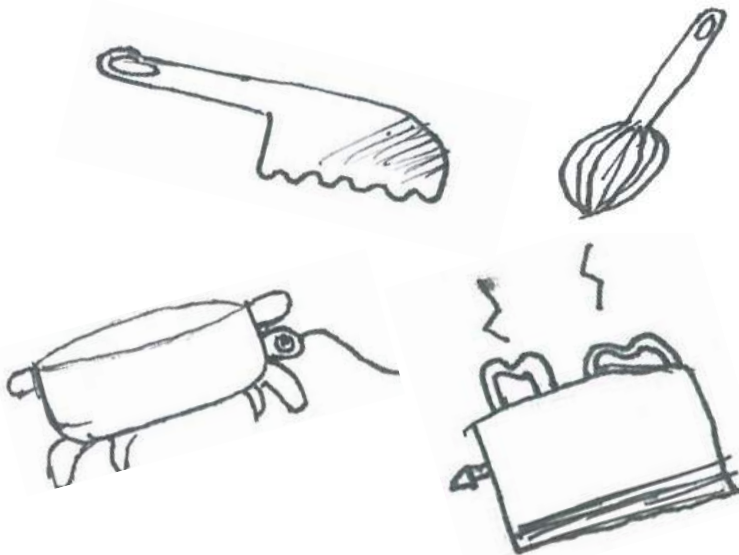
## Ingredients

- 4 eggs
- 4 slices of ham
- parsley
- salt
- pepper
- 2 slices of bread
- butter



## Equipment

- toaster
- bowls
- cutting board
- whisk
- spatula
- frying pan
- knife
- stove



**Skills:** cutting, whisking, frying



# Method



1. Turn on the stove and wash your hands while waiting for the stove to heat up.
2. Crack eggs into the bowl and whisk them.
3. Slice the ham into small pieces and cut tomatoes. Add them to a bowl with the eggs.
4. Toast the bread.
5. Put the butter in the pan and spread it around the pan and add the egg mixture and cook for 5-10 minutes.
6. Put the scrambled egg and toast on a plate.
7. Garnish with parsley and enjoy!

**Hints and Tips :** Use other ingredients such as mushrooms, capsicum and salmon.



Bread is one of the top wasted foods in the world. Freezing bread and using it as toast can reduce food waste.

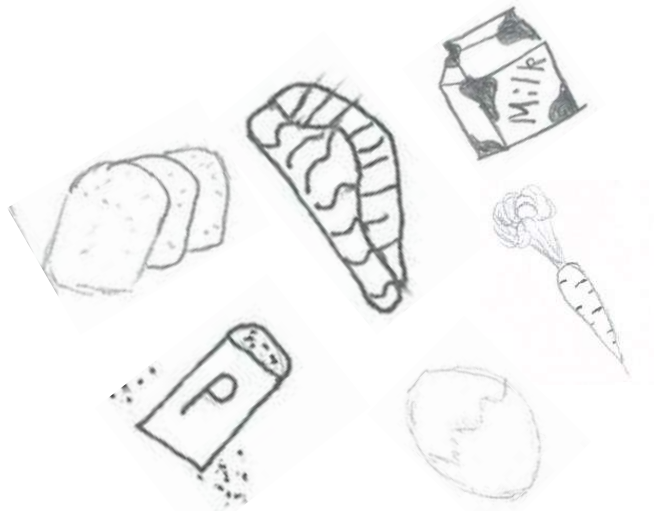


# 06 Salmon with Sauerkraut

Aaryan, Alex, Ivan, Chenxu

## Ingredients

- 1 tsp milk
- 2 eggs
- 1 piece sourdough bread
- 1 salmon fillet
- 1 tsp canola oil
- half a small cabbage
- 1 carrot
- salt and pepper

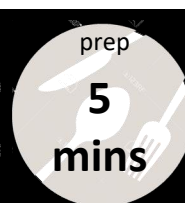


## Equipment

- knife
- spoon
- spatula
- bowl
- microwave
- 2 frying pans
- plate
- grater



**Skills:** cutting, grating, frying

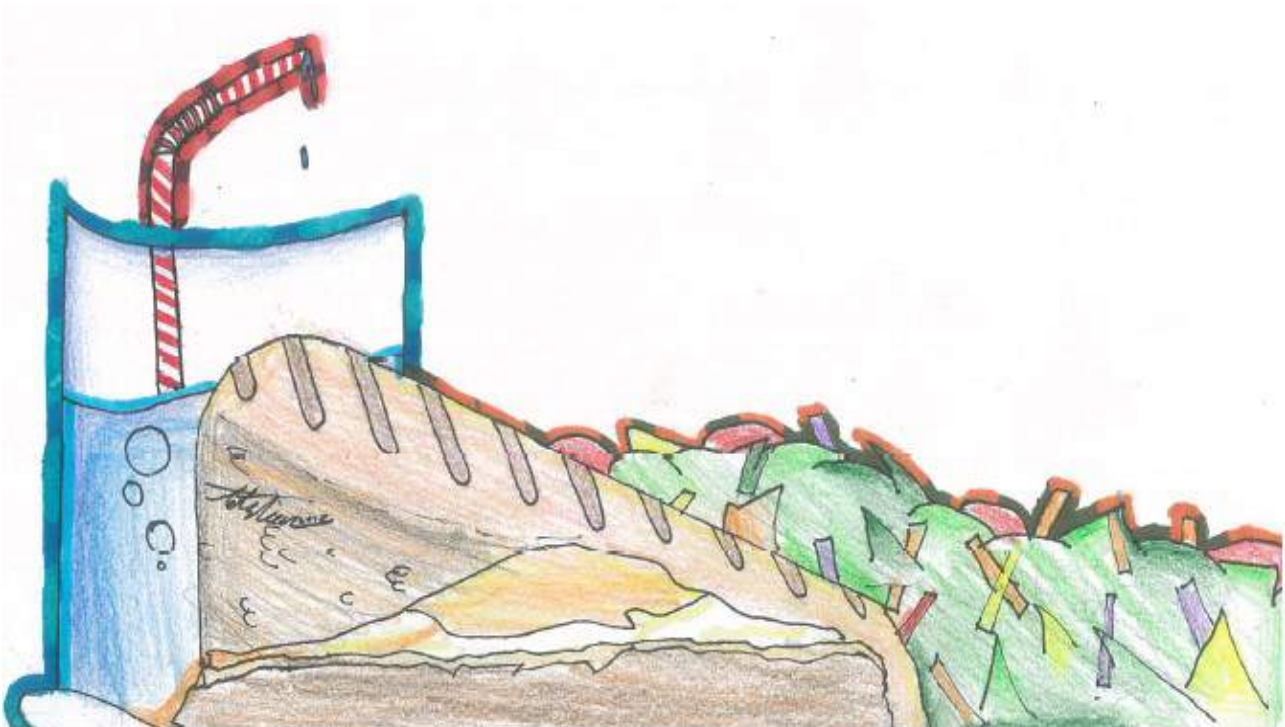




# Method

1. Wash your hands.
2. Put milk and canola oil in bowl. Mix together.
3. Heat the mixture in the microwave for a minute.
4. Chop cabbage and grate carrot.
5. Combine it to make sauerkraut.
6. Heat oil in a fry pan. Cook the salmon until crusty.
7. Crack eggs into the other frying pan. Cook them until they are fried the way you like them.
8. Serve the cooked salmon and sauerkraut with a slice sourdough toast and salt and pepper as seasoning.

**Hints and Tips :** If you don't like sauerkraut you can substitute it with mushrooms or avocado.



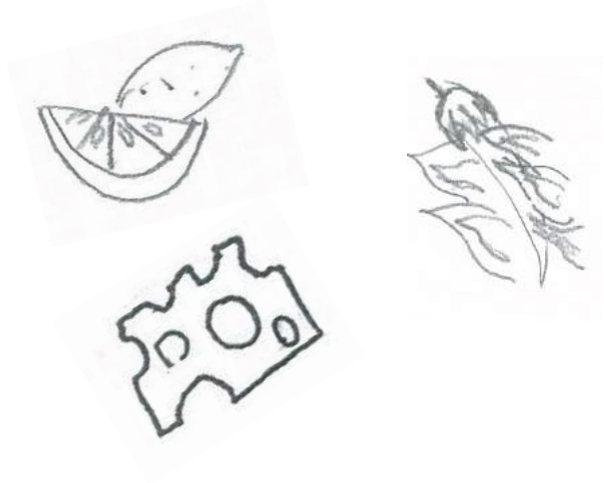
Bread is one of the most wasted. By adding some salmon and sauerkraut to it can make a beautiful dish.

# 07 Cheese and Spinach Wraps

Mrs Koletti, Miss Molloy, Mr Vaccaro, Ms Hagiwara

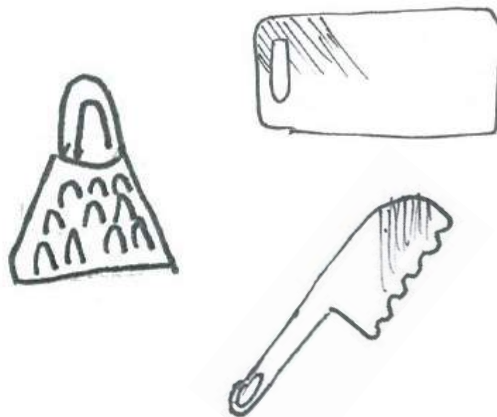
## Ingredients

- 100g spinach
- 4 slices Lebanese bread
- 100g cheese or feta cheese
- 1 lemon

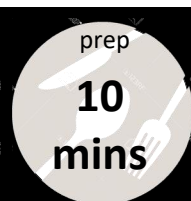


## Equipment

- chopping board
- grater
- measuring cups
- sandwich press



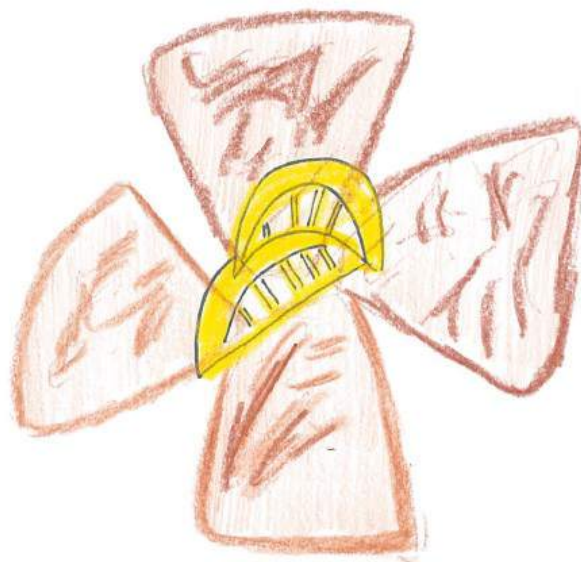
**Skills :** grating, toasting



# Method

1. Wash hands.
2. Wash spinach. Grate cheese. Cut lemon in half.
3. Spread half the spinach and half the cheese evenly on a slice of Lebanese bread. Place a slice of Lebanese bread on top.
4. Place Lebanese bread in sandwich press. Toast until the light goes green.
5. Remove the wrap from the sandwich press. Place on chopping board. Cut into segments. Squeeze lemon juice on wrap. Repeat with remaining ingredients.
6. Serve and enjoy!

**Hints and Tips :** Replace the cheese and spinach with your favourite fillings!



Bread and bagged salad are two of the foods that are often thrown out. This recipe enables bagged spinach and Lebanese bread to be saved from wastage.

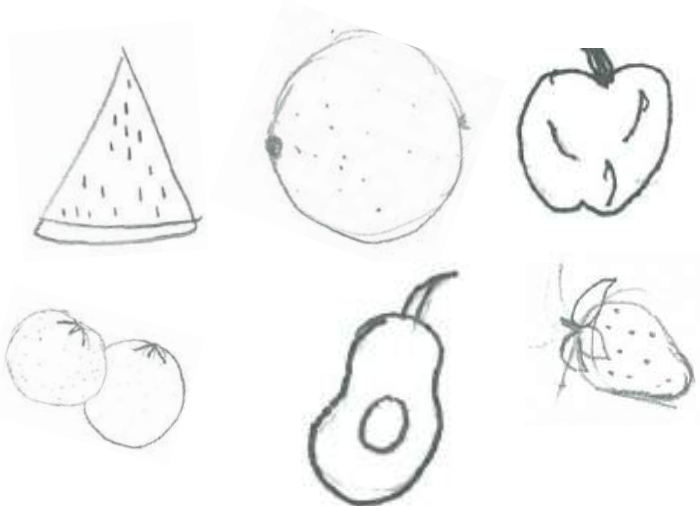


# 08 Fruit Salad

Layla, Daniel, Isaiah, Trent

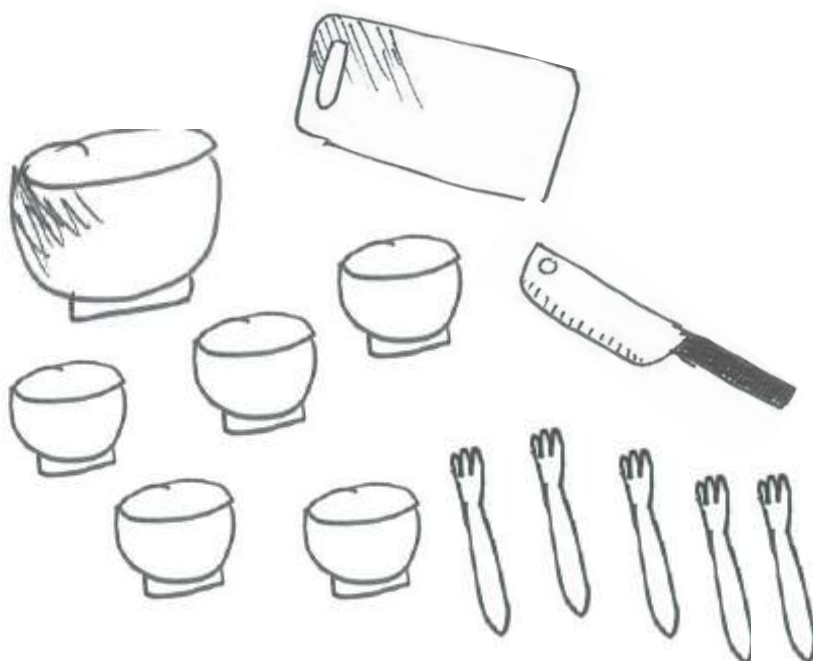
## Ingredients

- 10 strawberries
- 3 bananas
- 1 small watermelon
- 2 apples
- 3 oranges
- 3 mandarins
- 2 pears

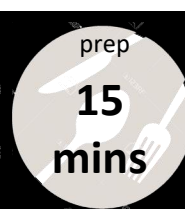


## Equipment

- 5 forks
- 1 plastic knife
- cutting board
- 1 large bowl
- 5 small bowls



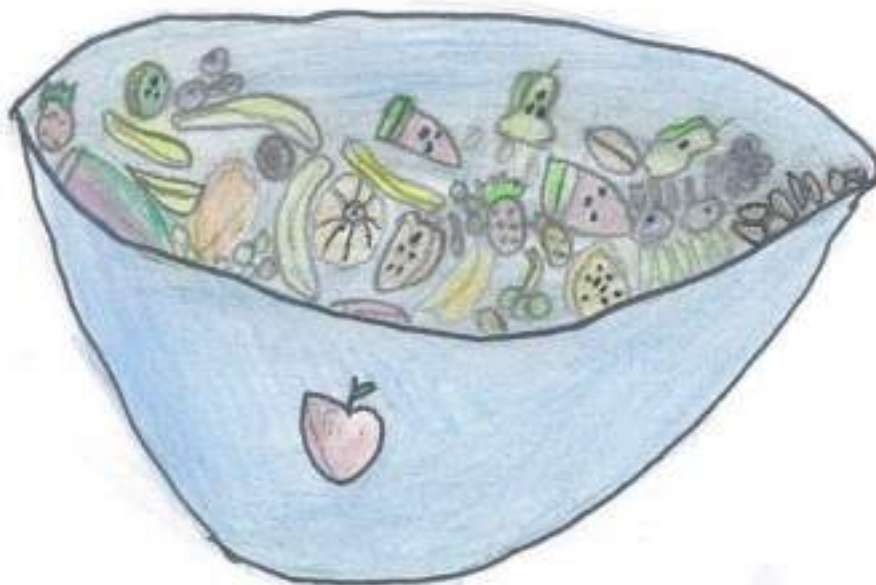
**Skills:** cutting, dicing



# Method

1. Wash your hands.
2. Gather and wash the ingredients.
3. Cut the fruit into even portions, removing the stem from your strawberries. Juice one of the oranges.
4. Put the fruit in a large bowl and pour the orange juice on the fruit.
5. Mix the salad thoroughly.
6. Evenly distribute the salad between 5 small bowls.
7. Enjoy your fruit salad!

**Hints and Tips** : You can change or add seasonal fruit to your salad. Remember to put your banana peels and strawberry stems in a compost bin.



This fruit salad prevents food waste because it uses bananas. Bananas are one of the top 5 wasted foods.

# 09 Creamy Pasta Salad

Amelia and the FEAST Team

## Ingredients

### Salad

- 100g of bagged lettuce leaves (baby spinach)
- 2 cups bow-tie pasta
- ½ cup pitted Kalamata olives, cut into quarters
- 100 grams feta, cut into small cubes
- ½ cup of semi-sundried tomatoes
- ½ green capsicum, finely diced
- ½ red onion, finely sliced

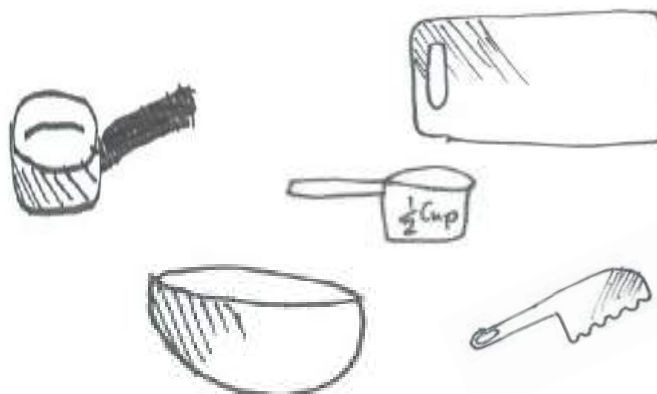
### Dressing

- 50mL extra virgin olive oil
- 50mL thickened cream
- ¼ teaspoon honey wholegrain mustard
- 1 tsp basil, finely chopped

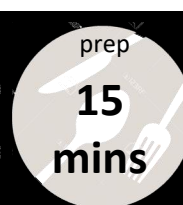


## Equipment

- large bowl
- large saucepan
- strainer
- knife
- chopping board
- measuring spoons
- measuring cups
- screw top jar
- tongs



**Skills:** boiling, cutting, dicing, slicing



## Method

1. Cook pasta in a large saucepan of boiling water for 10 minutes, then drain.
2. Place pasta into a large bowl. Add olives, cheese, sun-dried tomato, capsicum, red onion and bagged spinach leaves. Use tongs to toss and mix well.
3. Place all salad dressing ingredients into a small screw top jar. Shake well to combine.
4. Pour dressing over the pasta salad and use tongs to toss again to mix well.
5. Enjoy!



Bagged salad is in the top 5 most wasted foods. To make it last longer, you can store it with damp paper towel in an airtight container in the fridge.

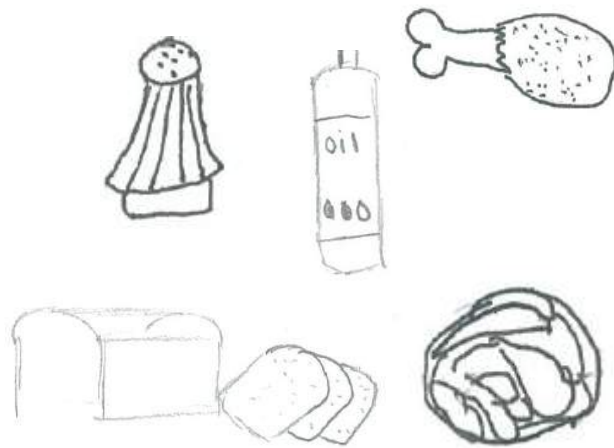


# 10 Caesar Salad

Emma, Christian, Giovanni, Jaydn

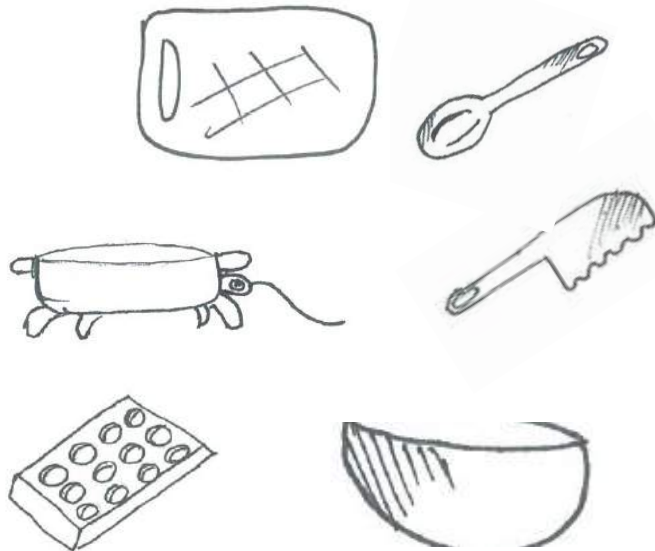
## Ingredients

- 1 chicken breast
- 1 Tbsp olive oil
- salt pepper (a sprinkle)
- 1 lettuce
- caesar dressing
- 2 slices of bread

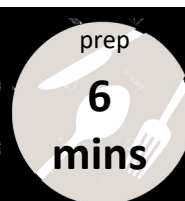


## Equipment

- grater
- pan
- knife
- 2 bowls
- wooden spoon
- cutting board



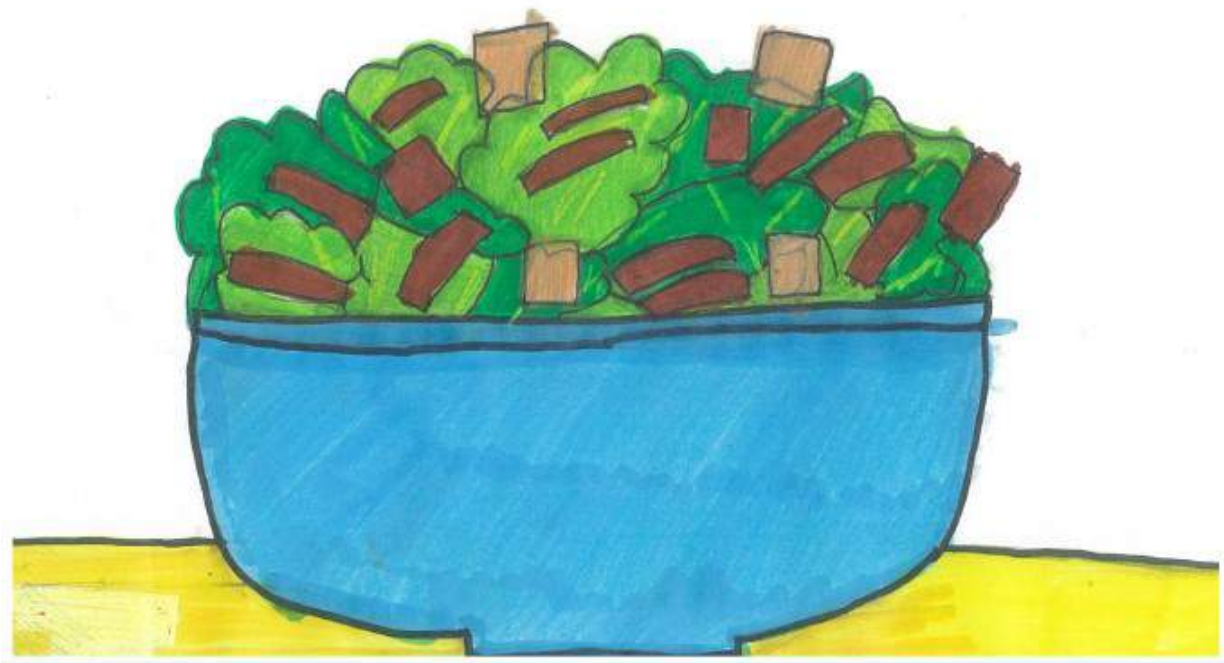
**Skills:** grating, frying, slicing, mixing, washing



# Method

1. Wash your hands.
2. Heat the oil in a pan. Add the chicken and cook. Sprinkle salt and pepper for seasoning. After the chicken is cooked, cut and put in a bowl.
3. Wash lettuce then cut into small pieces and add to the same bowl.
4. Toast the bread, then cut into small pieces. Add to the bowl.
5. Mix all the ingredients together.
6. Add caesar dressing or cheese if you would like.
5. Serve and eat!

**Hints and Tips :** Remove chicken if you're a vegetarian. Use other meats such as smoked salmon or prawns.



20 billion dollars worth of food ends up in landfill every year! Bagged salad, bread and meat are 3 of the top 5 wasted foods.

# // Chicken Soup

Annie, Grace, Mariaa, Jolin

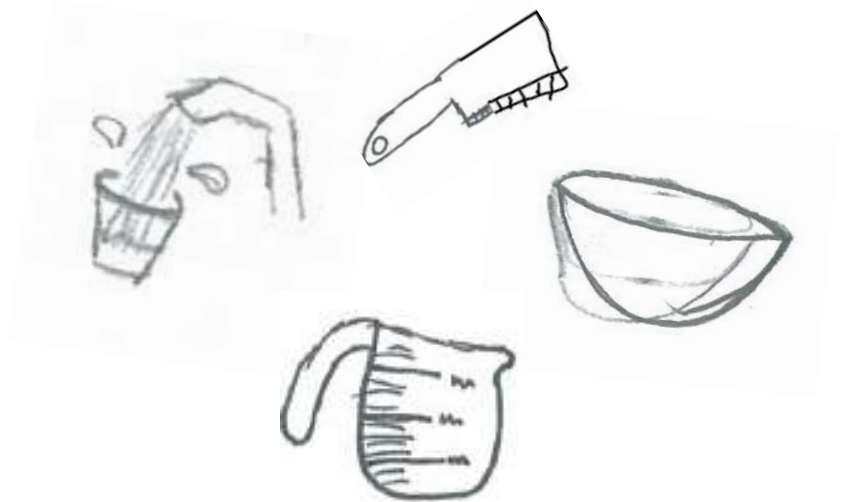
## Ingredients

- 1L of water
- 2 potatoes
- ½ carrot
- ¼ cabbage
- 1L container of chicken stock
- 6 Tbsp coriander
- 1 tomato
- ½ ginger
- ½ garlic
- ¼ of a chicken
- cream or butter
- bread or bread stick

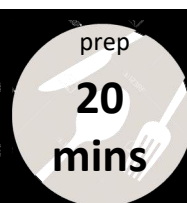


## Equipment

- large pot
- bowl
- wooden spoon
- chopping board
- large knife
- ladle
- 

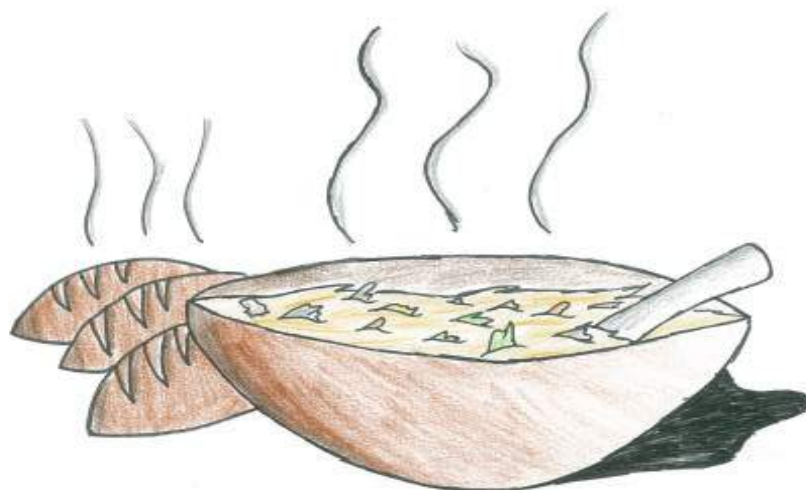


**Skills:** chopping, boiling, pouring.



# Method

1. Wash hands.
2. Wash potatoes, carrots, tomato and cabbage.
3. Cut tomato in four pieces.
4. Peel the potatoes. Cut each potato into small bits.
5. Cut the ginger and garlic into small pieces.
6. Dice the cabbage.
7. Cut the carrots in half and chop in small pieces.
8. Slice the chicken into thin strips.
9. Chop coriander. Leave for later.
10. Put the large pot on the stove over medium heat.
11. Add all the prepared ingredients into the pot except the coriander.
12. Add 1L of chicken stock to the pot. Stir well.
13. Put the lid over the pot and let it simmer for 10 minutes.
14. Take the soup out in a bowl and garnish with coriander and butter or cream on top.
15. Serve with a bread stick or bread.
16. Enjoy!



Carrots, potatoes and bread are wasted everyday. If we include these ingredients in our soup, it would not only give us a tasty meal but also stop food waste.

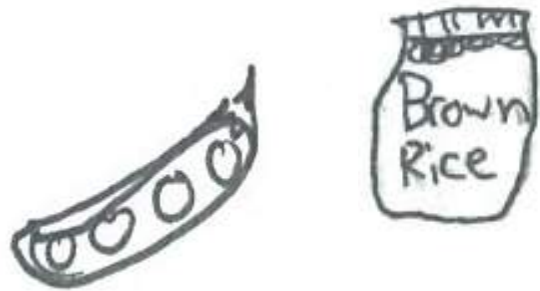


# 12 Fried Rice

Alex, Dimitri, Elijah, Semisi

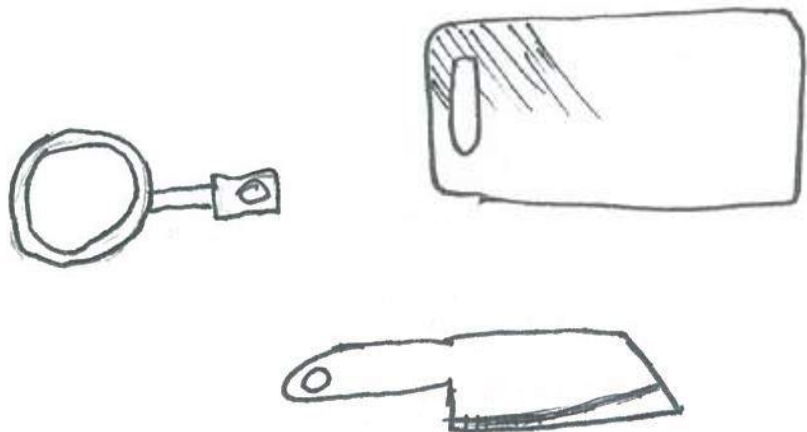
## Ingredients

- 800g brown rice
- ½ onion
- 80g peas
- 1 tsp salt
- 500g non-fat beef mince
- 1 tsp vegetable oil

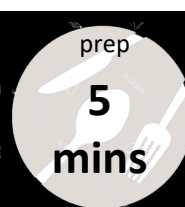


## Equipment

- wooden spoon
- rice steamer
- frypan
- knife
- chopping board



**Skills:** stirring, measuring



## Method

1. Wash hands.
2. Wash the rice.
3. Steam rice for 20mins.
3. Dice onions.
4. Put vegetable oil in a frypan.
5. Mix and fry the vegetables and beef in a pan. Season with salt. Check if the rice is ready.
6. Put rice in pan with vegetables and beef.
7. Fry everything thoroughly.
8. Serve.



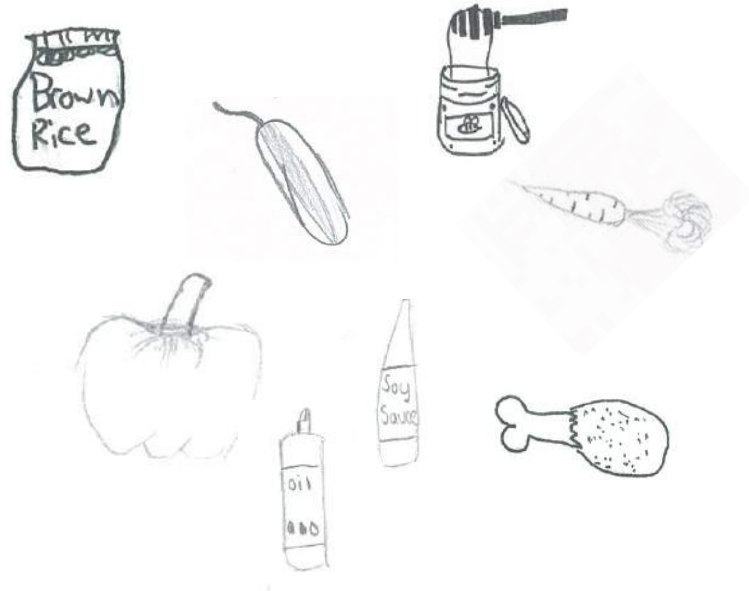
Sometimes people buy lots of beef mince but never use it. Some people like fried rice and it's good for everyone to experience other cuisines.

# 13 Chicken Stir Fry

Keira, Chace, Hannah, James

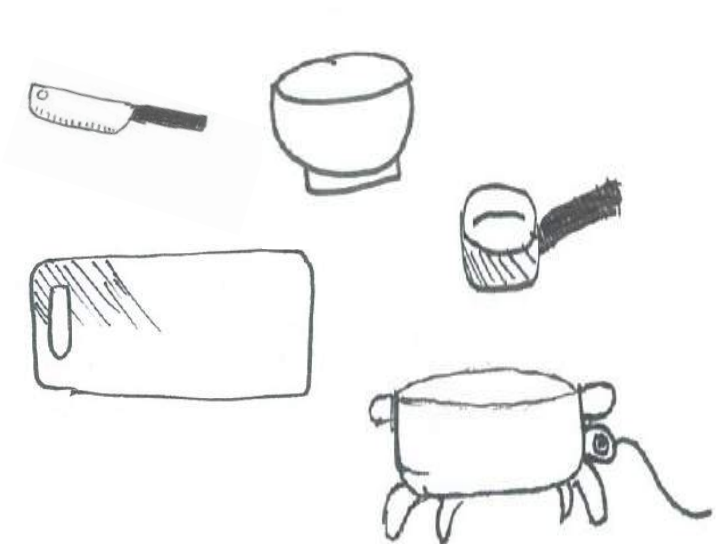
## Ingredients

- 2 chicken breasts
- 1 Tbsp soy sauce
- 1 cup brown rice
- 1 carrot
- 1 zucchini
- 1 capsicum
- 1 Tbsp of honey
- 2 cloves of garlic (crushed)
- 2 Tbsp olive oil

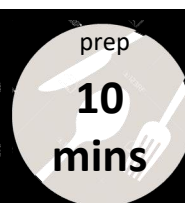


## Equipment

- wooden spoon
- wok
- small bowl
- knife
- chopping board
- sauce pan



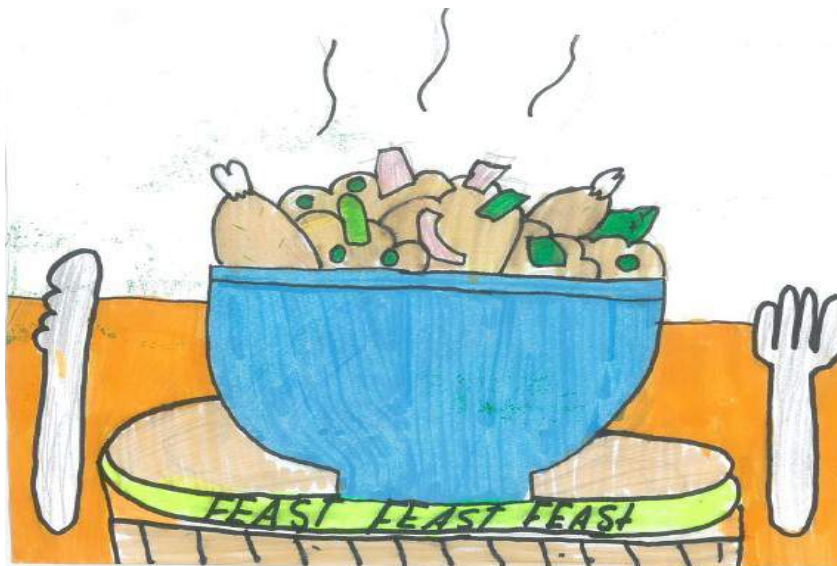
**Skills:** chopping, dicing, frying, mixing



# Method

1. Wash hands and vegetables.
2. Boil water in the saucepan.
3. Chop up vegetables and chicken breasts and put into the wok. Cook for 10 minutes. Make sure chicken is cooked properly.
4. Pour rice into the saucepan and cook for 25 minutes.
5. Mix honey and soy sauce together in a small bowl.
6. Pour honey and soy sauce mixture into the wok.
7. Simmer for another 5 minutes.
8. Pour rice into a serving bowl. Add stir fry mixture on the top.
9. Enjoy!

**Hints and Tips** : You can substitute chicken for a different meat like beef and add a variety of vegetables.



Chicken is one of Australia's most wasted foods. This meal is a good way to use all your vegetables.



# 14 Fried Rice & Crunchy Noodles

Merida, Ella, Nancy, Mariela

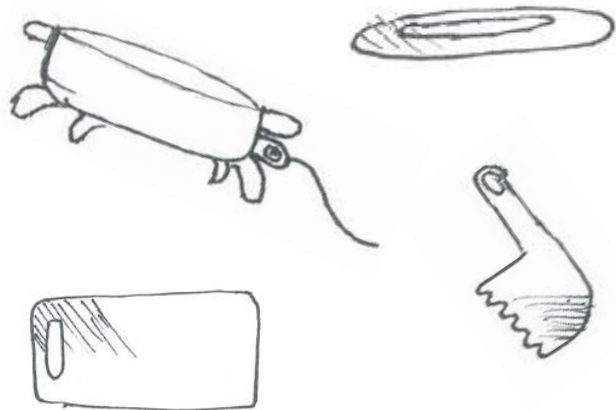
## Ingredients

- 100 g crunchy noodles
- 2 cups rice
- 3 cups boiling water
- 1 small can of corn
- 3-4 spring onions
- ½ cup peas
- ¼ cup soy sauce
- 250g diced ham
- ½ red capsicum
- 2 Tbsp

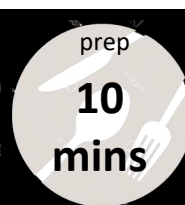


## Equipment

- large plastic bowl
- non-stick frying pan
- big wooden spoon
- chopping board
- knife
- can opener
- measuring cups
- tablespoons
- microwave

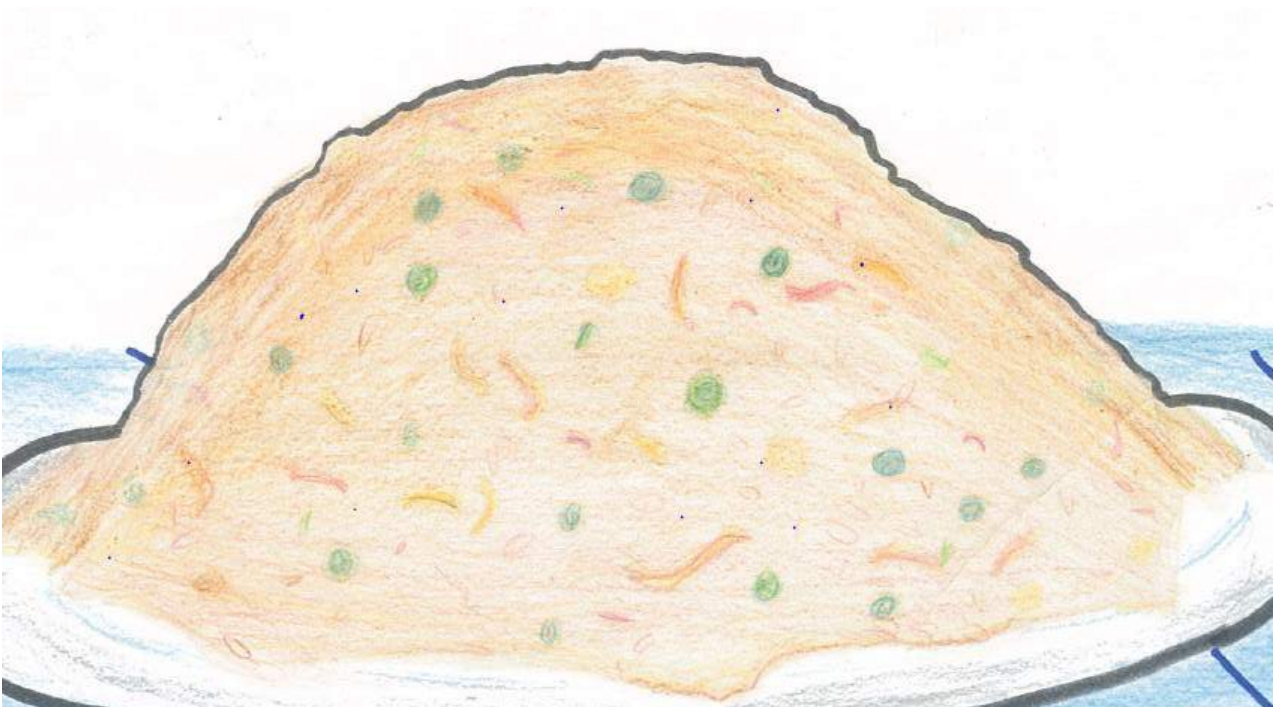


**Skills:** cutting, mixing, frying, dicing



# Method

1. Place rice in plastic bowl.
2. Pour in water.
3. Cook in microwave for 10 minutes on high.
4. While rice is cooking cut up vegetables ,dice ham and open can of corn.
5. Drain juice from the corn.
6. Heat oil in a fry pan.
7. Add rice into the pan and stir it thoroughly.
8. Add vegetables and ham to the frying pan.
9. Add soy sauce and mix.
10. Serve with crunchy noodles placed on top.



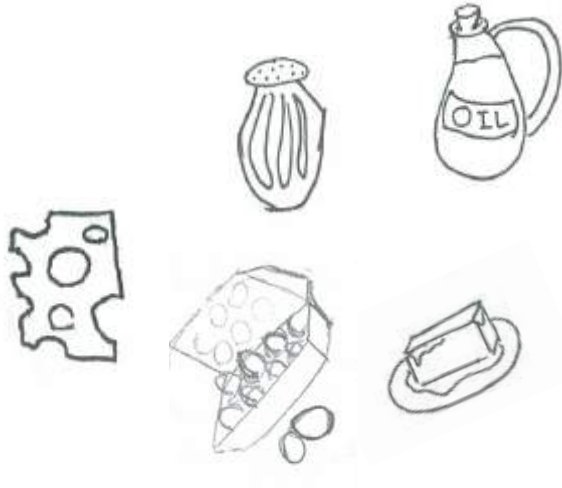
This is a fast and easy recipe for using left over vegetables and meats that may go off soon. There is no peeling in this recipe!

# 15 Mini Alley Burger

Alice (Little Alley)

## Ingredients

- 70g minced chuck beef
- 1/2 tsp finely chopped onion
- 1/2 tsp finely chopped rosemary
- pinch of salt and pepper
- 1/2 egg yolk
- 1/2 slice cheddar cheese
- 1tsp
- 1/2 tsp mayonnaise
- 1 tsp butter
- 1 Tbsp vegetable oil
- small burger bun

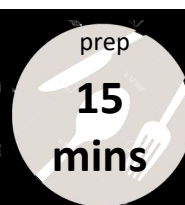


## Equipment

- frying pan
- flipper
- mixing bowl
- measuring spoons
- knife
- small bowl
- serving plate



**Skills:** cutting, frying, marinating



# Method

1. Prepare ingredients by rinsing rosemary and then drying. Pick rosemary leaves and chop finely.
2. Peel the onion and finely chop.
3. Cut the cheddar cheese into 4 square pieces. Take one small piece and cut it into 4 tiny square pieces.
4. Marinate the beef patty by placing the beef mince in a bowl and adding the onion, rosemary, egg yolk and a pinch of salt and pepper. Mix it altogether and leave to the side to rest.
5. Heat the frying pan on a medium heat. Add the butter. Cut the burger bun in half and place inside side down on the frying pan. When it is light brown in colour and crispy remove it from the frying pan and spread mayonnaise on it.
6. Wipe the frying pan with kitchen paper. Drop some oil on the pan and put the marinated beef patty on. Cover the meat with a small stainless steel bowl and leave for a few minutes.
7. When one side is cooked, flip it and leave for another few minutes. Once the patty is cooked add a small square of cheddar cheese. Leave it for a minute. When the cheese is melted take it off the heat and place on top of the burger bun.
8. Add your favourite burger fillings.
9. Enjoy with a side of chips.



Bread is one of the top 5 wasted foods along with meat. Adding salad items from your backyard garden creates the perfect burger.

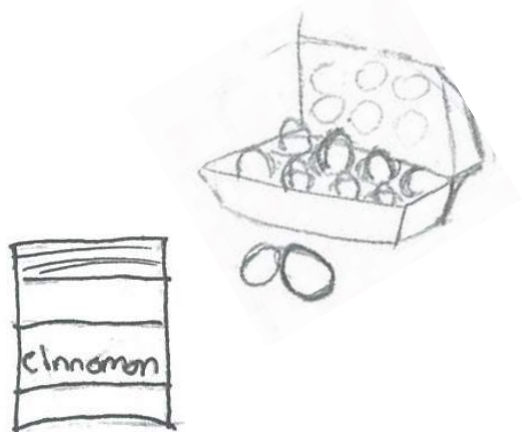


# 16 Peach Kuchen

Beverly Hills Girls High School

## Ingredients

- 2 x 825g tinned peaches
- 2 x 340g packet golden butter cake mix
- 200g unsalted butter (melted)
- 500g sour cream
- 2 eggs
- 110g cinnamon sugar
- ice-cream (optional)

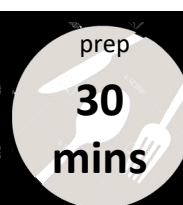


## Equipment

- measuring spoons
- wooden spoon
- whisk
- measuring cups
- metal medium-sized bowl
- 23cm round cake dish
- tray
- absorbent kitchen paper



**Skills:** whisking, mixing, baking



# Method

1. Wash hands.
2. Grease a 23cm round x 4cm deep pie dish.
3. Drain peaches. Place on a tray lined with absorbent kitchen paper.
4. Combine cake mix in a bowl with 100g melted butter. Press firmly over base of dish.
5. Cook in a moderate oven (180 degrees Celsius) for about 20 minutes, or until lightly golden. Remove. Cool. Arrange peaches over base.
6. Whisk sour cream with eggs in a jug until smooth. Pour over peaches.
7. Cook in a moderate oven (180 degrees Celsius) for about 25 minutes or until topping is set and golden. Stand for 10 minutes. Sprinkle with cinnamon sugar.
8. Serve warm with ice-cream (optional).



This recipe uses sour cream, an ingredient that has a short expiry date and can be forgotten about in the fridge.

# 17 Banana Ice-Cream

Faten, Charlotte, Mohammad, Zac

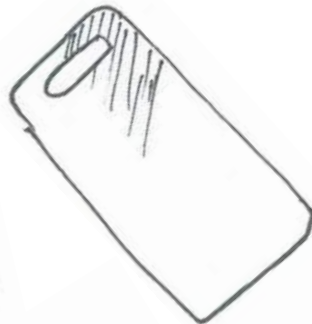
## Ingredients

- 4 bananas
- ½ cup yoghurt
- 1 tsp of sugar



## Equipment

- blender
- knife
- bowl
- chopping board



**Skills:** slicing, blending



## Method

1. Peel the bananas.
2. Slice the bananas into thick pieces.
3. Place the sugar in the bowl.
4. Scoop the yoghurt in carefully.
5. Pour your recipe in the blender for 3 minutes or until blended.
6. Put your ice cream into the freezer.

**Hints and Tips :** You can use different fruits like strawberries or mangoes.



We used banana as our main fruit because they go off quickly and freezing them stops them from being wasted.

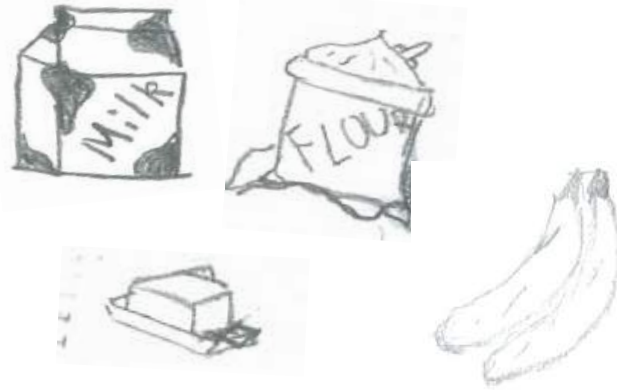


# 18 Banana Bread

Toby, Samira, Thurston, Magenta

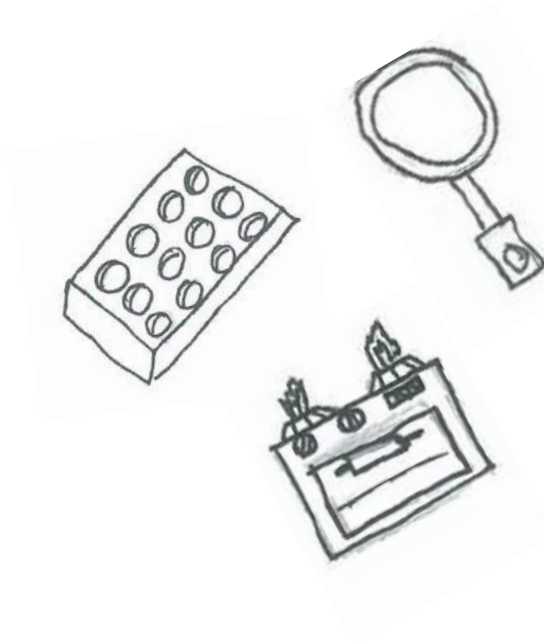
## Ingredients

- 2 bananas
- 2 large eggs
- 4 tsp butter
- ½ cup milk
- 2 cups flour

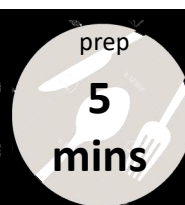


## Equipment

- a large bowl
- a wooden spoon
- oven
- small bowl
- loaf size tray
- masher
- cooling tray



**Skills:** cracking eggs, mixing, mashing, peeling



# Method

1. Preheat the oven to 180 degrees Celsius.
2. Put the flour in a large bowl.
3. Crack the eggs in the large bowl.
4. Peel the bananas and mash them in a separate bowl.
5. Put the butter in the large bowl.
6. Pour the milk into the large bowl.
7. Put the mashed bananas in the large bowl and stir.
8. Pour the mixture into the baking tray and put the tray into the oven for 45 minutes.
9. Let it cool for 5 minutes.
10. Once cool serve and enjoy!



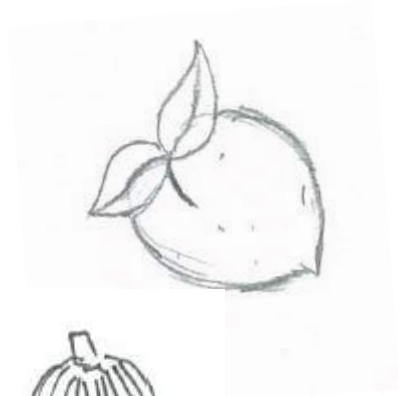
We decided to use banana for our food waste recipe because banana is in the top four foods that are wasted.

# 19 Fruit Yoghurt

Sandra, Cynthia, Aayan

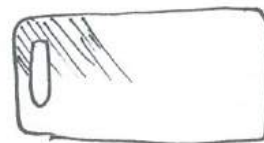
## Ingredients

- apple
- peach
- strawberry
- greek yoghurt

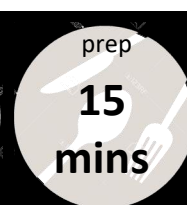


## Equipment

- knife
- spoon
- bowl
- cutting board



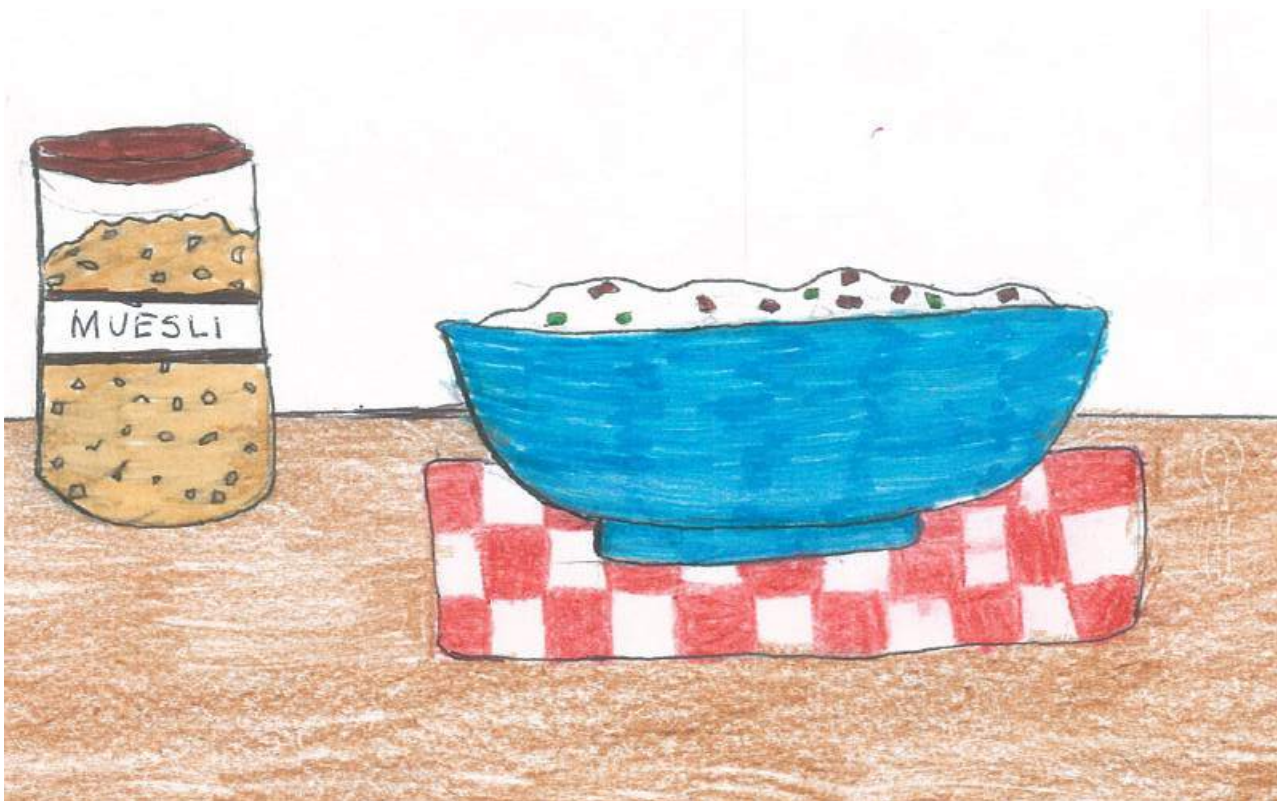
**Skills:** cutting, scooping, mixing



# Method

1. Wash hands.
2. Wash fruit.
3. Cut fruit into medium sized cubes.
4. Scoop two scoops of yogurt into a bowl.
5. Add fruit into the bowl of yoghurt.
6. Mix the yoghurt and fruit together.
7. Enjoy!

**Hints and Tips :** You can also add muesli on top.



This recipe helps get rid of any old fruit or yoghurt that needs to be used up. Both of these things can go to waste very quickly!

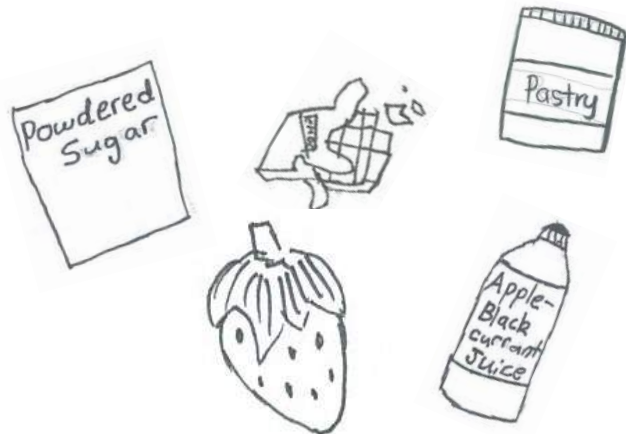


# 20 Strawberry & Chocolate Pastry Bites

Ovon, Aiysha, Leilani

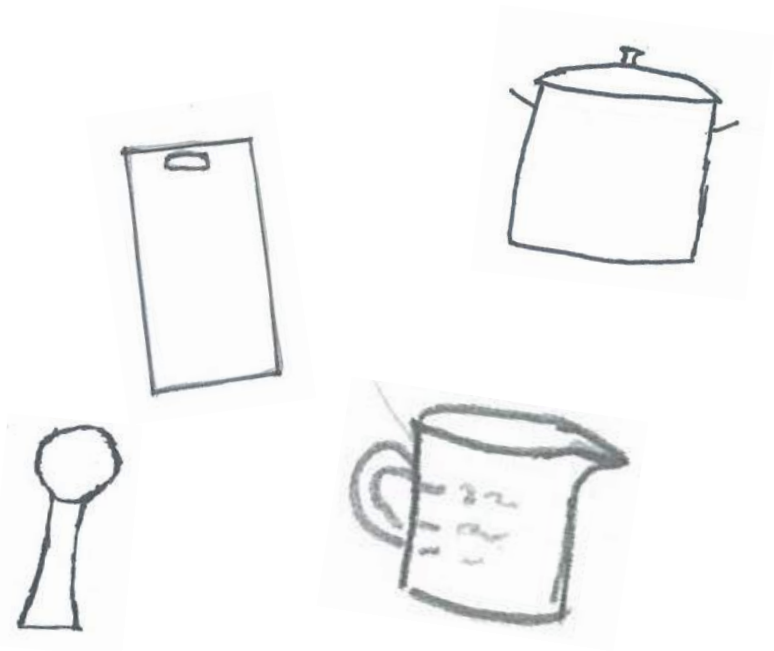
## Ingredients

- 7 chocolate squares
- 1 Tbsp powdered sugar
- 8 strawberries
- $\frac{1}{4}$  cup apple blackcurrant juice
- pastry squares (10cm x 10cm)

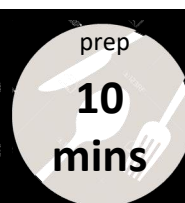


## Equipment

- mixing spoon
- saucepan
- chopping board
- baking tray
- measuring cups

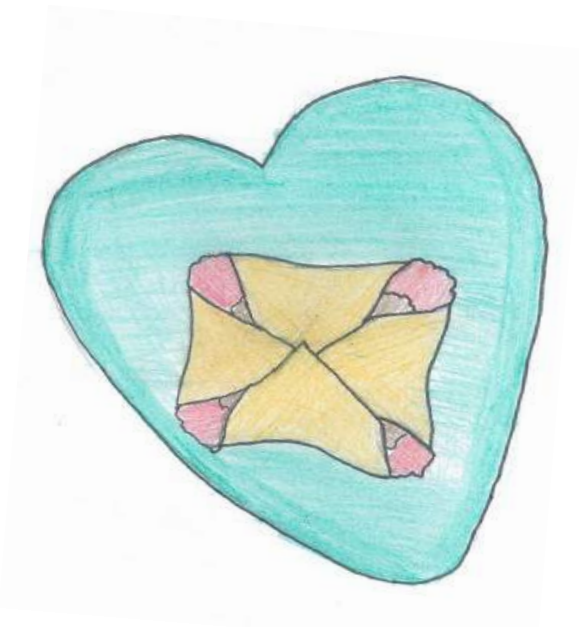


**Skills:** mixing, baking, slicing, measuring



# Method

1. Wash your hands.
2. Wash the strawberries before slicing. Put the sliced strawberries in a clean saucepan on low heat. Add the apple blackcurrant juice to the strawberries.
3. Boil the mixture for 10 minutes, stirring constantly. Roll 1 sheet of pastry into thin 10 by 10 cm squares.
4. Measure half a tablespoon of the cooked strawberry mixture. Put it in the middle of 1 square of the pastry.
5. Break a palm sized piece of chocolate and put it on top of your mixture that's in the pastry.
6. Fold the pastry from the corners into the middle.
7. Put your pastry into your oven and bake it at 95 degrees Celsius until golden.
8. Add a pinch of powdered sugar and enjoy!



This recipe reduces food waste of strawberries. As strawberries expire or rot quickly people tend to throw them out as there are not many recipes containing strawberries.



# 21 Mango Ice-Cream

Jasmine, Mariam, Rookie, Yanal

## Ingredients

- 3 mangoes (2 cups)  
(peeled seed removed and cubed)
- 1 cup heavy whipping cream
- $\frac{3}{4}$  cup sugar
- $\frac{1}{4}$  cup lemon juice
- $\frac{3}{4}$  cup milk

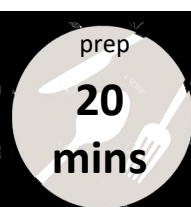


## Equipment

- blender
- spoon
- freezer
- bowls/ lids



**Skills:** juicing, cutting, blending



# Method

1. Wash hands.
2. Freeze the freezer bowl 24 hours prior to making ice-cream. Wrap in a plastic bag so the bowl stays clean.
3. In a blender, add mango, half the sugar and lemon juice. Puree until texture is smooth. Set aside.
4. In a large bowl, combine thickened cream, milk and the remaining sugar. Stir to dissolve the sugar.
5. Stir in pureed mango and gently mix.
6. Cover and chill the mixture in the fridge for at least an hour.
7. If you desire a firmer consistency, transfer the ice cream to an air tight container and store in the freezer for 3 more hours before serving.
8. If it is still soft, it will be a similar texture to frozen yoghurt. Freeze for a couple more hours.
9. Freeze for a couple more hours
10. Enjoy!



Around 5.9 million glasses of milk are poured down the sink every year. To reduce this number, we are using milk in our recipe. You could help too!



# 22 BI+B2 Muffins

Olivia, Angel, Kiara, Stephanie

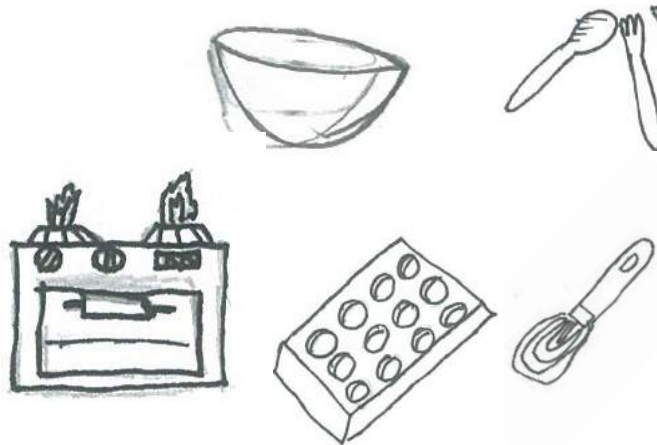
## Ingredients

- 1 ½ cups mashed banana
- 1 tsp baking powder
- 1 ½ cups all-purpose flour
- 1 ½ tsp baking soda
- 1 ¼ tsp salt
- 250g of melted butter
- 2 large eggs

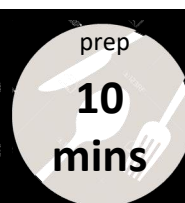


## Equipment

- oven
- medium bowl
- 12 cup muffin pan
- paper liners
- whisk
- spoon/spatula
- fork
- tooth pick
- beaters
- sifter
- baking paper



**Skills:** cracking an egg, whisking, measuring, baking



# Method

1. Wash hands and preheat the oven to 180 degrees Celsius.
2. Line the muffin pan with baking paper.
3. Mix together flour, sugar, baking powder, baking soda and salt in a medium sized bowl.
4. Melt the butter in the microwave.
5. Make a hole in the middle of the flour mixture and pour in the melted butter.
6. Use the beaters or a whisk and mix together for 2 minutes or until everything is combined.
7. Add the mashed banana to the mixture and stir.
8. Pour the mixture into the muffin pan.
9. Put it in the oven for 25-30 minutes.
10. When done, test to see if it is cooked with a toothpick. If it comes out clean it is done. Leave to cool for 5 minutes.
11. Enjoy!

**Hints and Tips :** Make vanilla icing and add fresh bananas.



Our recipe can prevent food waste by using old bananas that may have bruises on them.

# 23 Energy Balls

Pamela Goodridge (Dragons)

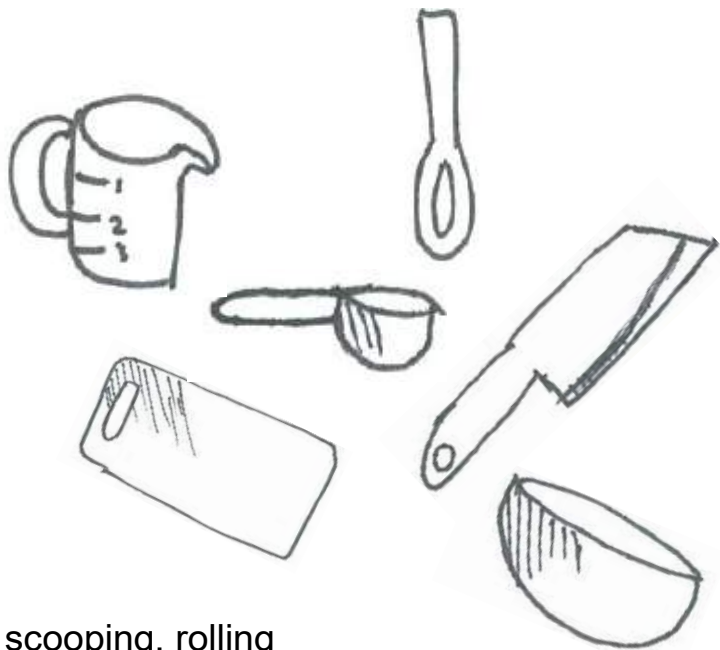
## Ingredients

- 500g dates
- 50g dried cranberries
- 100g dried apricots (chopped)
- 1 cup rolled oats
- 1/2 cup coconut (plus extra to roll them in)
- 1/4 tsp vanilla extract
- 1/4 tsp almond extract (optional)
- 1 tsp cocoa powder
- 1 tsp cinnamon

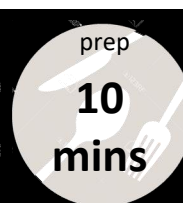
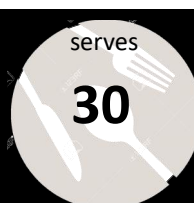


## Equipment

- knife
- chopping board
- bowl
- spoon
- microwave
- measuring cups
- measuring spoons
- tray
- fridge



**Skills:** chopping, mixing, scooping, rolling





# Method

1. Chop dates.
2. Add to large bowl and microwave for 2 minutes with 2 tablespoons of water (this will soften them and make it easier to blend other ingredients).
3. Add all other ingredients to the softened dates.
4. Mix altogether with a spoon (although getting your hands in is the best way).
5. Scoop 1 tablespoon of mixture and form into a ball.
6. Roll in coconut.
7. Place on a tray and refrigerate for 30 minutes.
8. Eat and enjoy!



A quick and easy snack that gives you lots of energy!