

GREAT TASTE NO WASTE

Feasts for plenty that leaves the bins empty!



Sacred Hearts “imperfect” cookbook solution

BY YEAR 6 2021



Chicken Noodle Stir Fry

The ingredients consist of:

- Two large chicken breasts.
- Singapore Noodles- a half a packet
- Carrots- one
- Capsicum- roughly a half
- Snow Peas- 10 pods
- Soy Sauce- tablespoon
- Fish Sauce- tablespoon
- Oyster Sauce-teaspoon
- Mushrooms- 6.
- Oil- a dash into the pan
- Brown sugar- one tablespoon

Equipment you need:

- a frying pan
- spoon

Prep Time
- 30 minutes

Feeds
- 4

Method

1- prep you veggies- I would suggest using snow peas, capsicum, mushrooms and carrots. However, You can use whatever veggies you have in you fridge.

2- heat up a pan with some olive oil

3- once the pan is hot, progressively add in your veggies. Start with the harder ones and move to the softer ones.

4- Add in your fish sauce, oyster sauce and soy sauce into the pan with the veggies

5- finely chop your chicken breast into small pieces and add into the pan

6- Once the chicken and veggies have absorbed all the sauces and you have given it a good mix, add in your half a packet of Singapore noodles to boiling water

7- cook them in boiling water for about 4-6 minutes before throwing them in the pan with all the other ingredients

7- add in 1 tablespoon of brown sugar to your stir fry and let it simmer before taking your pan off the heat

8- now serve on a nice plate or bowl and enjoy Elise's chicken noodle stir fry

Waste Reduction and health

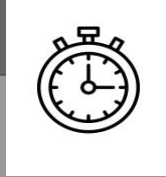
*You can replace any of the veggies I have suggested with the ones you have in stock. If you have obtained a compost bin, any extra rubbish can also go in there. This recipe also contains protein, carbs and veggies so it will leave you feeling sustained and healthy.

By Elise Hector Constant



Perfect Pesto Pasta

Ingredients for Pesto sauce - Basil 2 cups, Cheese ½ cup freshly grated, Olive Oil ½ a cup , Pine nuts ⅓ (not necessary if anyone has allergies), garlic 3 cloves, salt ¼ and ⅛ black pepper.



Prep time: 5-15 mins Cook time: 40 min-1hr

Instructions: Boil pasta, chop up basil, grate some Parmesan cheese, add half a cup of olive oil, crush your pine nuts and add them in, garlic, salt and black pepper.

How does this recipe reduce food waste and is it healthy?

Yes this recipe is healthy and it reduces food waste because you can use leftovers from previous nights. By Clinton

Big Ben's Pizza

Ingredients:

- 1: Ham
- 2: Mushroom
- 3: Pizza base
- 4: Tomato Paste
5. Cheese

Steps:

- 1: Get a pizza base and put Tomato Paste over the base (save some space for the crust).
- 2: Once you've done that, put ham and mushrooms on top and set the oven to 220 degrees.
- 3: When the oven's reached 220, put the pizza in for 10 minutes.
- 4: Once the 10 minutes are done, judge by the pizza if it is good enough or not. If not, do another 10 or 5 minutes. Once you are done, take the pizza out, serve, and enjoy!

Waste Reducing Tip: Use leftover ham or mushrooms
By Ben. W



Spicy Satay Peanut Butter Stir Fry

Created by: Lieveke Elenbaas



Ingredients

Stir-fry
350g of beef
2 tbsp oil
1 finely chopped garlic
1 onion sliced
1 carrot finely sliced
1 handful of bean sprouts
½ cup of shallots
¼ cup crushed peanuts

Sauce

½ cup fish sauce
¼ cup sugar
2 tsp cornstarch/cornflour
1 garlic clove minced
1 tsp grated ginger
1 tsp curry powder
1 ½ cups peanut butter- natural
2 tbsp water

Instructions

1. Mix Sauce ingredients together in a small bowl.
2. Place beef in a bowl, add 1 tbsp Sauce. Mix together and set aside 10 minutes.
3. Heat oil in a wok or large heavy based skillet over high heat.
4. Add garlic and stir until golden then add the onion. Cook for 1 minute.
5. Add beef. Cook for 1 1/2 minutes or until it mostly turns brown (some red spots are ok). If you are using pork, chicken or prawns, cook until almost cooked through.
6. Add carrots, bean sprouts and Sauce. Cook until veggies are wilted.
7. Add peanuts and shallots, stir.
8. Serve with rice or noodles, garnished with extra shallots and peanuts if desired.

Prep time: 10mins

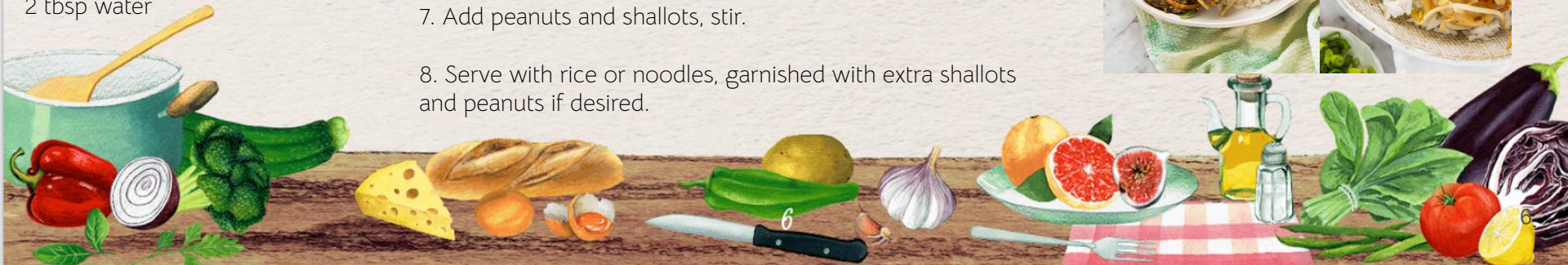
Servers: 3-4

Cook: 7mins

Equipment:

Bowls
Spoons
Wok or skillet
Wooden spoon

**Waste Reducing
Tip:** Instead of
beef use leftover
meats or chicken



Smart Schnitzel

Ingredients- chicken breast, tomato paste/sauce, bread crumbs, salt pepper, oragando, egg, flour, mortierella or cheese, side salad (optional) - salad leaves, tomato's, avocado, cucumber oil

3.5 stars ✨ includes proteins and veggies

By Nikola

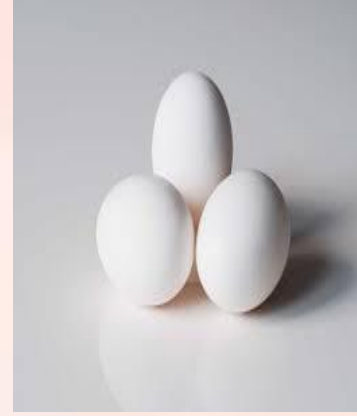


Prep and cooking time- 1-2 hours

Serves-4-6

Waste Reducing tip- old tomatoes /veggies or you could use old chicken

Equipment- chopping board, utensils, fridge,



Method

By Nikola

1- rinse chicken and prep make separate 2 bowls into egg, and breadcrumbs dip each chicken piece in! And set out



2- once done add 2 cracks of sault to all pieces as well orangondo and Italian herb seasonings



3 - crumb your chicken and place on a plate



4 - once your done that fry on a pan or barbecue



GIGI HADID PASTA RECIPE

¼	olive oil cup	1 tbsp	chili flakes optional
1	red onion small	1 tbsp	basil
1 clove	garlic	1 tbsp	cayenne pepper
½	cup tomato paste		cooked pasta (farfalle)
1	cup heavy cream	½	cup pasta water
	salt & pepper to taste	1 tbsp	butter
		1	cup cheese

It is waste free because it has options, e.g pasta shape and kind, cheese type and leftovers or imperfect vegetables could be added.



ACAI BOWL

Ingredients

1 packet Frozen acai puree
Handful of Frozen banana and berries
Fruit to top
 $\frac{1}{4}$ liquid (juice/milk)
nuts ,granola if desired

Method

1-freeze banana and berries
2 place frozen fruit, liquid and broken up acai in a blender and mix on low speed.
3 place smoothie in bowls and add fruit and granola if desired.

2



How does this reduce waste: This tasty recipe reduces waste as we are using imperfect fruits. This recipe is great as an acai bowl can go with any fruits and nuts meaning we buy less and use up more!

By Annabelle



Açaí Bowl

Equipment:

Blender, bowl, spoon

Ingredients:

- 1 block of Frozen Açaí
- 1/2 of a packet Frozen Strawberries
- 1 cup of Milk
- 2 handfuls of Ice
- Kiwi fruit (as as you want)
- Granola (as as you want)
- Blue Berries (as as you want)

Safety precautions:

Wash hands and close lid on blender.

Method:

First add the Açaí, Strawberries, Milk and Ice into the blender. When that's done blend it till it looks smooth, put it into a bowl and finally add you your topping and enjoy

Other:

The time made to make is 15mins, All the ingredients are healthy but some of them might have to be replaced due to allergies. Most of the ingredients can be found in a house which reduces food waste.

Steak mash up

By Jack w

Prep time 15 mins Cooking time 20 mins

Ingredients

1kg steak
100ml milk
10 potatoes
100g of vegetables

How it reduces food waste

It reduces food waste because you can use any vegetables and through them into your mash potato.



steps

Cook your steak on the barbecue 7 mins on each side and 2 mins on the edges.

Peel your potatoes and then mash them in the pot whilst you add whatever vegetables you would like to.

Cook your mash and then serve it up on the plate.



Easy Baked Pesto Potatoes

By Isla

Prepare time: 10 minutes Cook: 1 hour

Ingredients

6 medium baked potatoes

1/2 cup ready-made pesto

6 small bocconcini but any cheese is fine

Instructions

Wash potatoes and rub the outside with butter. Place on a cookie sheet and bake at 190 for 1 hour (or until soft when you squeeze them or pierce with a fork).

Mix together the pesto and bocconcini in a small dish.

Remove the potatoes from the heat, slash a cross in the tops, and carefully squeeze each potato gently to open it up. Lightly salt and pepper each potato.

Fill each potato with the pesto mixture and serve immediately.

Make it Easy: Pre-bake potatoes, heating on a plate in the microwave right before serving.

Waste Reduction Tips

According to the Woolworths sight potatoes are one of the top wasted foods here in Australia. So here's is a delicious and simple way to put potatoes to good use!

Chicken Schnitzel

40s each

Prep time

8-10m

Cook time

1pps

Serves

Ingredients

- 2 cups fresh breadcrumb
- ½ cup of plain flour
- 1 egg
- Chicken breast (unrubbed)
- Vegetable oil for frying pan

Equipment

- 3 bowls
- 1 plate
- tongs
- pan
-

Food waste tip

Instead of using the whole
Chicken breast and not using it all
Cut it in half so you're not wasting



By Elias

**Prep Time = 5
minutes**

**Cook Time = 10
min**

By Max

Food Waste Tip
Use imperfect
lemons, garlic
and parsley.

Ingredients

1 lemon worth of lemon juice
1 porterhouse steak
A handful of parsley
1 clove of garlic
100g of butter

Method

1. use 50g of butter to butter pan over medium heat
2. Cook steak to desired range
3. Take steak out of pan and use the rest of the butter to melt in the pan
4. chop the garlic and add to pan
5. When the garlic is browned, add the lemon juice to stop it from cooking, and add the parsley
6. Serve the sauce on top of the steak and enjoy!

Lemon, Parsley and Garlic Steak



DRINKS



Servies 1

Summertime Smoothie

By Grace



bellyfull.net

Prep Time: 5 minutes

Recipe

Equipment

- Bowl
- Fridge
- Blender
- Cups

Ingredients

- Fresh Strawberries
- Strawberry yogurt
- Milk
- Ice Cream
- Frozen Strawberries

Method

01. You will need to get your bowl and all your ingredients ready, then wash and cut your fresh strawberries
02. Add your freshly cut strawberries, frozen strawberries, milk, yogurt and ice cream to the bowl
03. Pour the contents of the bowl into your blender and blend until smooth. Around 30 seconds - 1 minute depending on the blender.
04. Pour the smoothie into your cup, add whatever toppings you would like and enjoy!

Nutrition Info:

Fruit ✓
Veggies X
Dairy ✓

211 Calories

Food Waste Reducing: Use imperfect strawberries from Harris Farm.



Raspberry and Yoghurt Smoothie

By Bali !

WASTE FREE!

Fruit and dairy is commonly wasted in Australia. This recipe helps you use up leftover yoghurt, raspberries that you don't want and other foods that may be sitting in your cupboard. Enjoy!

Steps

Step 1

Pour your frozen raspberries, yoghurt, chia seeds and honey into a blender. Blend for 5 mins or until smooth.

Step 2

Once blended mix add more chia seeds. Blend for a 3 mins.

Step 3

Pour into glasses and enjoy with berries or as desired.

Ingredients



Frozen raspberries

Raspberries contain phytonutrients which keeps your body healthy! Use **250g** of frozen raspberries



Yoghurt

Yoghurt has dairy which is good for your bones. Use **4 tbsp** of yoghurt.



Chia seeds

Chia seeds have Omega 3 which nourishes your body. Use **5 tbsp** of chia seeds.

SCRUMPTIOUS SMOOTHIES

PREP TIME: 5MINS

COOKING TIME: 10 MINS

Waste reducing: frozen fruit that you've had for a while

*Nutrition rating: Calories: 272.7, Total Fat: 14.4 g, Protein: 7.8 g
and sugars: 11g*

Finished results:

Equipment:

Blender

Freezer

Fridge

Chopping board

Knife

Spoon

bowl

Ingredients:

Frozen

Mangos

ice cubes

granola

pineapple

blueberries

coconut

water

coconut

shreds

Servings= 1

Created By: Lucie Gaffney



Method

Step 1: First wash your hands and then get your mixer, knife, bowl, chopping board and all your ingredients that is needed.



Step 2: after that blend frozen mango coconut water and ice that you set out before



Step 3: Once blended pour into a bowl then add your granola, blueberries, pineapple and coconut shreds



Created By: Lucie Gaffney

Superb Smoothie bowl



Things you
need:

Blender
Bowl
Spoon
Freezer

Ingredients

100g raspberry
80g blueberry
20g mango
10g oats
140ml water

Method

Step 1. Put your berries and fruit in a blender and add water.

Step 2. Blend until smooth, (you should be able to tip it upside down without it falling out (if it does, add less water next time))

Step 3. Scoop into your bowl and put some oats ON TOP.

Step 4. Enjoy!

Food waste tip:
Old and leftover
fruit can be used

Nutrition info

Fruit ✓
Veggies ✗
Dairy ✗
Grain ✓
Protein ✗
Added sugar ✗

Prep time: 3 mins
Time: 5 mins
Serves: 1
Difficulty: extremely
easy

Ben Butler



SUNSET SMOOTHIE



INGREDIENTS-

180 G FROZEN MANGO, CUT INTO PIECES

60 G ORANGE JUICE

1 BANANA

60 G FROZEN RASPBERRIES

100 G FRESH STRAWBERRIES (SEE TIP)

1 TBSP DRIED GOJI BERRIES

1/2 TSP GROUND GINGER

1/2 TSP NATURAL VANILLA EXTRACT

50 G PLANT-BASED MILK OF CHOICE

BEETROOT POWDER OR RASPBERRY POWDER, TO TASTE

METHOD-

1. CHOP UP ALL FRUITS INTO A SIZE THAT WILL FIT INTO A BLENDER
2. SEPARATE THE (RED, BERRIES, STRAWBERRIES) FROM THE OTHER YELLOW FRUITS
3. NEXT APPLY ALL YELLOW RED TO THE BLENDER, BLEND UNTIL A SMOOTH TEXTURE
4. AFTER TAKE OUT RED FRUITS AND PUT ALL IN THE JAR (HALF WAY)
5. DO THE SAME WITH THE YELLOW FRUITS AND FILL CUP TO THE BRIMS
6. PUT IN A RE-USABLE STRAW AND YOUR SUNSET SMOOTHIE IS READY TO DRINK!

EQUIPMENT-
BLENDER
BOWL
SPOON
STRAW
GLASS (CUP)



Waste reduction tip:
use imperfect or over
ripe fruit

By
Harriet Duncan

Sweet smoothies by Malu

Ingredients:

Milk

Strawberry

Blueberry

Banana

nutrition:

Dairy

Fruit



Method

1. Add one frozen or fresh banana in the blender (can be brown too)
2. Add a $\frac{1}{4}$ cup of strawberries
3. add $\frac{1}{8}$ of cup of blueberries
4. Last add $\frac{1}{2}$ a cup of milk and put on the lid on the blender and blend until smooth

equipment:

Blender

Measuring cups



waste reducing tip:
Use brown frozen bananas in the smoothie instead of putting in the bin



Super Sustainable Smoothie



5 mins



2 servings



Easy



INGREDIENTS

- 1 ½ Frozen bananas
- ½ cup Frozen berries
- ½ cup Spinach
- ¼ cup Kale
- ¼ cup Yogurt
- ⅓ cup Ice
- 1 tbsp Honey
- 1 cup Milk



Step 1

Add in banana, berries, spinach, kale, ice and the milk and blend until smooth.



Step 2

Add in honey and yogurt and give the smoothie a final blend.



Step 3

Pour the delicious smoothie into a glass, drizzle honey on top and enjoy!

Sustainable tip!

Use old damaged fruit and freeze them to add to your smoothie to reduce wasting them!

Lulu's Yummy strawberry milkshake

Ingredients

Strawberries 🍓

Mangos 🥭

Milk 🐮

Ice 🧊

Ice-Cream 🍦

Blueberries 🍷

(Don't have to
put them on
when Finished)

Equipment

Blender

Measuring cups

Food Waste Tip:

Use overripe and
bruised fruit.



Lulu's Yummy strawberry milkshake Procedure

Step 1. Get your Equipment needed and your Ingredients out.

Step 2. Make sure you have a clean space and wash your hands. 🧼

Step 3. Plug your Blender in. And Start to Put some ice, But not a lot.

Step 4. Start two put in 2 scoops of Vanilla Ice-Cream. Then put in Your Frozen Strawberries and Frozen Mangos.

Step 5. Measure two ounces of milk and then pour it in. And then start mixing.

Step 6. Once mixed get a large cup out and pour it into the cup and if you want add some blueberries 🫐. And add a straw. There you have it Lulu's Yummy strawberry milkshake Procedure



GROOVY SMOOTHIE

INGREDIENTS:

LEFT OVER VEGGIES OR FRUIT

YOU MAY HAVE

1 CUP OF MILK

(RICE OR SOY MILK IF DAIRY-FREE)

1/2 CUP YOGURT (SOY IF DAIRY- FREE)



How do I reduce food waste. You use left over or unwanted fruit and vegetables and put it in a smoothie, then you are not only reducing food waste you are getting rid of unwanted food.

**great taste
not waste**



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By Year 6 2021

Snacks

Head chef Luca's rolls.

How does it reduce waste.

.this can reduce waste by not throwing out perfectly good food and using it for leftover,or donating it to charities.

How long will it take

Heating up the bread should take around 15mins at max.

.getting all of the other ingredients,should take 3 mins.

Ingredients:

- .A fresh roll,or an baquet(preferance)
- .Chicken that is left over.
- .Lettuce
- .pepper
- butter.



Method

Get out the bread put the left over chicken that has been heated up in the bread sprinkle the pepper into the bread and put the butter(up to you),then put the lettuce on top and if you want you can have salt and vinegar chips with it(again optional).

Sean T

CHEESY BACON AND EGG CROISSANTS

HOW TO MAKE:

RECIPE
PLACE BACON IN PAN
PLACE EGG SEPARATE PAN
SET CHEESE ASIDE
LIGHTLY TOAST THE CROISSANT
COOK TILL READY TO SERVE
ONCE READY GET YOUR
CROISSANT READY
PLACE FOOD IN CORRECT ORDER
CHEESE, BACON, EGG, BACON,
CHEESE AND THE CROISSANT HOLDING
IT ALL TOGETHER

INGREDIENTS

INGREDIENTS:
2 SLICES OF BACON
1 LARGE EGG
1 TEASPOON OF BUTTER
2 SLICES OF CHEESE
1 LARGE CROISSANT



Health rating:



Difficulty:



Makes for:

1

How to make them:

First get bread and put it on a plate. Second, cook the bacon and put it on the bread. Cook a fried egg and put it on the bacon. And finally put the bread on the egg.



Nutrition information and ingredients

Eggs



Bacon



Bread



Crazy Corn Chips & Guac

By Elise Thomson



Prep time - 10 - 15 mins

Cook Time - 35 - 45 mins

Serves - 1



Method

- ❖ Place tortilla wraps in the oven at 180°C for 5 mins.
- ❖ To cut the avocados, run a knife around the avocado (from top to bottom) and twist in half. Pull out and discard the pit. Using a spoon or your thumb, remove the flesh and place into a medium-sized bowl.
- ❖ Cut the lime in half and squeeze both halves into the bowl with the avocado, being careful not to get any seeds in the bowl. Add the garlic, salt and any/all or none of the optional ingredients. Using a fork gently mash each avocado half a few times then stir all ingredients together.

Ingredients

- ❖ 3 ripe avocados
- ❖ 1 lime
- ❖ 1-2 cloves of garlic, *grated on a Microplane* or finely minced
- ❖ Large pinch of salt
- ❖ Tortilla Wraps



Food waste Tip

You can stop food waste by using over ripe avocado.

Health Information

serving: **1 = ½ cup**, calories: **247 kcal**, carbohydrates: **15g**, protein: **3g**, fat: **22g**, saturated fat: **3g**, polyunsaturated fat: **3g**, monounsaturated fat: **15g**, sodium: **11mg**, potassium: **751mg**, fiber: **11g**, sugar: **1g**, vitamin a: **229IU**, vitamin c: **20mg**, calcium: **25mg**, iron: **1mg**

Granola and Yogurt Bowl - made by Emily

Ingredients -

- 1 ½ cup reduced fat Greek yogurt
- ¼ cup blueberries
- ¼ cup raspberries
- ¼ cup strawberries
- ½ cup granola
- 1 tbs chia seeds

Method

Begin by adding 1 ½ cups of reduced fat Greek yogurt into a bowl

Pour in 1 tbs of chia seeds then stir the chia seeds thoughtly into the bowl

Then add into the bowl ½ cup of granola

Finally add ¼ of a cup of raspberries, ¼ of a cup of blueberries and ¼ cup of strawberries

Enjoy!



According to Woolworths the most wasted foods are bread, milk, potatoes, chesse, and apples. This dish helps reduces food waste as you don't need to use prefect food and you can experiment with new flavors each time you make it.

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Magical Muesli Bars

Food Tip - Use old and bruised fruit

Method - Baking

Serves - 6 People

Butter : 125g

Egg : 1

Vanilla : 1 tsp

Orange Juice : 1 tbsp

Dried Fruit : 1 cup

Brown Sugar : 1 cup

Baking Powder : 4 tsp

Self Raising Flour : 2 cups

The Recipe

- Preheat your oven to 180 Celsius and line a rectangular slice tin.
- Place the dried fruit and fruit juice into a small container a mix well, set aside to soak while you prepare the rest of the slice
- Add the sugar, egg and vanilla to the melted butter and mix well.
- Add the flour and mix well.
- Stir through the dried fruit and fruit juice.
- Press the mixture into a slice tin and bake in a moderate oven for 20-25 minutes or until the slice is firm to touch and just beginning to brown on the edges.

By Alex Goulstone



Gorgeous Granola

Ingredients

450g	Rolled Oats
120g	Sunflower Seeds
120g	White Sesame Seeds
175g	Homemade Apple Compote
2 tsp	Ground Cinnamon
1 tsp	Ground Ginger
120g	Rice Malt Syrup
4 tsp	Honey
100g	Light Brown Sugar
1 tsp	Maldon Salt
2 tsp	Sunflower Oil
300g	Sultanas
Half a bag	Almonds
Half a bag	Macadamias
A handful	Dark Chocolate Choc Chips



Cook Time:
40 mins



Prep Time:
5-10 mins



Difficulty:
Easy

Method

- Mix everything except for the dark chocolate choc chips and the sultanas in a large mixing bowl.
- Spread the mixture out on baking trays and bake in a gas mark 3/170 Celsius Oven, turning over about halfway through so it bakes all granola evenly. This will take about 40 minutes.
- After your Granola is baked, allow to cool and sprinkle on top the dark chocolate choc chips and the sultanas.
- Food Tip: You can use imperfect apples for the apple compote and you don't have to use those nuts, you can use any spare nuts you have at home.

By Isabella Clyde

Ants on a Log

Creating Time: 2-5 Minutes



Waste tip:

This recipe is healthy but importantly waste reducing. In making this snack you only make as much as you know how you will eat so you won't waste any food.

Alternative:

Peanut butter or Cream cheese

Sultanas or Small Berries

Ingredients:

- peanut butter
- celery
- sultanas

Method:

First of all you want to chop up as many sticks of celery that you know you are young to eat so you don't contribute to food waste. Then grab your peanut butter and smear as much of it as you wish in the centre of your celery stick. Then finally place your Sultanas on top of the peanut butter. Now it's time to enjoy!

By Sophie T.



Desserts



GREAT TASTE NOT WASTE



★ A CookBook By Sacred Heart's Year 6 of 2021 ★

MADE BY LINA WARNER

INGREDIENTS (FOR THE CRUMBLE TOPPING)

- 1 CUP ALL PURPOSE GLUTEN-FREE FLOUR
- 1/4 TSP XANTHAN GUM
- 1 CUP ROLLED OATS
- 1 TBSP STEVIA (OR ANY OTHER NATURAL SWEETENER)
- 1/2 TSP CINNAMON
- 1/2 TSP GRATED NUTMEG
- 12 TBSP (168G) UNSALTED BUTTER(MELTED)

INGREDIENTS (FOR THE APPLE FILLING)

- 3 APPLES (ANY KIND)
- 2 TBSP CINNAMON
- 1 TSP STEVIA (OR ANY OTHER NATURAL SWEETENER)

PREP TIME: 15MIN;

COOK TIME: 45MIN

SERVES: 5

MATERIALS NEEDED

- 2 BOWLS
- LARGE SPOONS (FOR MIXING)
- KNIFE (BE CAREFUL BECAUSE KNIVES CAN BE SHARP!)
- PEELER
- CAKE TIN (OR ANY OTHER OVEN DURABLE TIN)

AMAZING APPLE CRUMBLE



(HEALTH STAR RATING: 5/5) YOU CAN ALSO USE ANY LEFTOVER FRUIT INSTEAD

METHOD

TO MAKE THIS RECIPE TASTE DELICIOUS

PREHEAT YOUR OVEN TO 160°C. GREASE A BAKING DISH AND SET IT ASIDE.

FIRST, PREPARE THE CRUMBLE TOPPING. IN A MEDIUM-SIZED BOWL, PLACE THE FLOUR, XANTHAN GUM, OATS, STEVIA, CINNAMON, NUTMEG AND SALT, AND WHISK TO COMBINE. ADD THE BUTTER, AND MIX TO COMBINE WELL. THE MIXTURE WILL BE THICK. PLACE THE BOWL IN THE REFRIGERATOR TO CHILL FOR ABOUT 10 MINUTES OR UNTIL FIRM (OR THE FREEZER FOR ABOUT 5 MINUTES).

TO MAKE THE FILLING, IN A LARGE BOWL, PLACE THE APPLES, STARCH, STEVIA AND CINNAMON, AND TOSS TO COMBINE WELL. TRANSFER THE APPLE MIXTURE TO THE PREPARED BAKING DISH, AND SPREAD THEM INTO AN EVEN LAYER. SCATTER ANY TOPPINGS EVENLY OVER THE TOP OF THE APPLE FILLING. REMOVE THE CRUMBLE TOPPING FROM THE REFRIGERATOR AND BREAK IT UP INTO LARGE CHUNKS WITH A FORK. SCATTER THE TOPPING IN AN EVEN LAYER ALL OVER THE TOP OF THE APPLE FILLING.

BAKE THE CRUMBLE FOR UP TO 45 MINUTES OR UNTIL THE APPLES ARE SOFT. THEN AFTER YOU LET IT COOL YOU CAN SIT BACK, RELAX AND ENJOY!





BLUEBERRY MUFFINS

YOU WILL NEED

1 ½ cups (195 grams) all-purpose flour
3/4 cup (150 grams) granulated sugar, plus 1 tablespoon for muffin tops
1/4 teaspoon fine sea salt
2 teaspoons baking powder
1/3 cup (80 ml) neutral-flavored oil; canola, vegetable and grape seed are great
1 large egg
1/3 to 1/2 cup (80 ml – 120 ml) milk; dairy and non-dairy both work
1 ½ teaspoons vanilla extract
6 to 8 ounces fresh or frozen blueberries; see note below about frozen berries (about 1 cup)

This helps waste reduction by letting you use leftover fruit to put in the muffins

By Thomas Seve

RECIPE

Banana Bread

PREP TIME

10 minutes

COOK TIME

55 minutes

TOTAL TIME

65 minutes

SERVINGS

8 - 10 servings

YIELD

1 loaf



INGREDIENTS

Giselle

- 2 to 3 medium (7" to 7-7/8" long) very ripe bananas, peeled (about 1 1/4 to 1 1/2 cups mashed)
- 1/3 cup (76g) butter, unsalted or salted, melted
- 1/2 teaspoon baking soda
- 1 pinch salt
- 3/4 cup (150g) sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups (205g) all-purpose flour

1. Preheat the oven to 350°F (175°C), and butter a 4x8-inch loaf pan.

2. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.

3. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.

4. Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F (175°C), or until a toothpick or wooden skewer inserted into the center comes out clean. A few dry crumbs are okay; streaks of wet batter are not. If the outside of the loaf is browned but the center is still wet, loosely tent the loaf with foil and continue baking until the loaf is fully baked.

5. Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve. (A bread knife helps to make slices that aren't crumbly.) Wrapped well, the banana bread will keep at room temperature for 4 days. For longer storage, refrigerate the loaf up to 5 days, or freeze it.

Waste Reducing Tip: You can use imperfect or bruised bananas



Nicky's Bakery

Banana choc chip muffin

Ingredients:

- .2 cups self-raising flour
- .1/2 cup caster sugar
- .1/2 cup milk
- .2 eggs
- .60g butter
- .2 ripe bananas, mashed
- .1 cup (200g) Nestle
- .Dark Choc Bits

How it's not food waste: You can use any fruit except for rotten food or fruits that just grown but not ready to use. Plus you can use leftover food.



How to make it

Step 1

Preheat oven to 200C or 180C fan-forced.

- Step 2

Sift flour

- into a mixing bowl. Stir in sugar. Make a well in the centre of dry ingredients.

- Step 3

Melt butter in a small saucepan or heat-proof bowl in the microwave. Set aside to cool slightly.

- Step 4

Add milk, eggs and butter in to dry ingredients, along with mashed banana. Using a wooden spoon, gently mix ingredients until just combined. Stir in choc bits. Don't beat the mixture or the muffins will be tough.

- Step 5

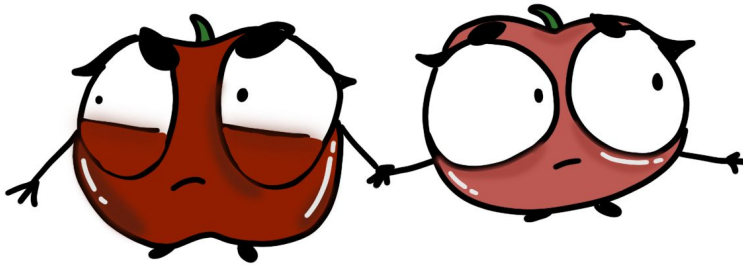
Line a muffin tray with paper cases. Spoon the mixture evenly into the muffin cases. Bake for 20 minutes or until firm on top when lightly touched (get an adult to help with this).

- Step 6

Leave in the tray for 3 minutes. Transfer the muffins to a rack to cool.

Great taste
No waste!

TREATS



Chocolate cupcakes page one: materials and ingredients

Materials

Fork, cupcake molds, knife, oven whisks and mixing bowl
measuring cups, measuring spoons.

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Ingredients

$\frac{3}{4}$ cup plain flour

$\frac{3}{4}$ cup sugar

2 eggs

$\frac{1}{2}$ tsp bicarbonate soda

$\frac{1}{2}$ cup cocoa powder

120g unsalted butter

$\frac{1}{2}$ cup milk



Chocolate cupcakes page two: method

When ready let it cool down for 10 mins before enjoying the delicious snack.

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Whisk the eggs into a large mixing bowl.
Add all of the ingredients into the bowl with the whisked eggs.

Mix on a light speed until blended into a gooey mixture

Add the mixture into the cupcake mold equally

Cook and constantly check by poking with a skewer every ten minutes until the skewer comes out dry



BANANA BREAD RECIPE

By Sophia

INGREDIENTS

- Melted butter, to grease
- 265g (1 3/4 cups) self-raising flour
- 40g (1/4 cup) plain flour
- 1 tsp Coles Cinnamon Ground
- 140g (2/3 cup, firmly packed) brown sugar
- 2 overripe medium bananas, mashed
- 2 eggs, lightly whisked
- 125ml (1/2 cup) skim milk
- 50g butter, melted, cooled

INSTRUCTIONS

Step 1

Preheat oven to 180°C. Brush an 11 x 21cm (base measurement) loaf pan with melted dairy spread

to lightly grease. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.

Step 2

Sift the combined flours and cinnamon into a large bowl. Stir in the sugar and make a well in the centre. Mash bananas in a medium bowl. Add the eggs, milk, and melted butter, and stir until well combined. Add the banana mixture to the flour mixture and stir until just combined. Spoon the mixture into the prepared pan and smooth the surface.

Step 3

Bake in preheated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes. Turn onto a wire rack to cool completely. Cut into slices to serve.

WASTE REDUCTION TIP : YOU CAN USE RIPE BANANAS

GREAT TASTE DON'T WASTE!

Feasts for plenty that leave bins empty

Sacred Heart's "imperfect
cookbook solution



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