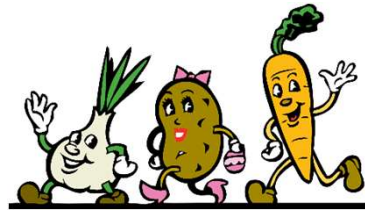




ANZAC TERRACE PRIMARY SCHOOL ROOM 14



OZHARVEST FEAST COOKBOOK



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Created by: Violet

Prep time: 30 mins

Serves: 30

Ingredients:

- . 2 ripe bananas
- . 2 squishy strawberries
- . 1 apple
- . 2 mandarins cut in half
- . 1 kiwi fruit

Equipment:

- . A sharp knife
- . A chopping board
- . Toothpicks

How does the recipe address food waste and healthy eating?
It addresses food waste by using any fruit from the fruit bowl or from the fridge. It is also healthy because you are meant to have fruit daily.

Friendly Fruit Kebabs



Procedure:

1. Peel the mandarins and chop the individual fruits in half. Chop the kiwi fruit into small triangles. Then chop the bananas into thin slices. After that chop the leaves of the strawberries and chop them into small triangles like the kiwi fruit. Then chop the apple into small rectangles.

2. Place the different fruits onto the toothpicks.

3. Bon Appetit!



COLOURFUL VIETNAMESE RICE PAPER ROLLS

PREP TIME: 30 MINUTES. COOK TIME : 10 MIN SERVES: 10

INGREDIENTS =

- COOKING OIL.
- 2 TABLESPOON SOY SAUCE
- BAGGED VEGGIES.
- RICE PAPER
- TOFU
- SPRING ONIONS
- 2 SMALL CUCUMBERS
- 1/2 TABLESPOON MSG
- 1 TABLESPOON OYSTER SAUCE
- 1 TABLESPOON SWEET SOY SAUCE

EQUIPMENT:

- PLATES
- CHOPPING BOARD
- CHOPSTICKS
- FRYING PAN
- KNIFE
- LARGE BOWL
- SMALL BOWLS
- SPOONS TABLESPOON



FOOD WASTE TIP: WHEN YOU MAKE COLOURFUL RICE PAPER ROLLS YOU CAN ADD ANY LEFTOVER VEGGIES OR MEAT. TO INCLUDE. RICE PAPER DOESN'T DRY OUT!

HEALTHY EATING: FILLED WITH PROTEIN, VEGGIES AND A MIX OF YOUR DAIRY, ALL IN ONE!



1 COLLECT INGREDIENTS. PLACE TOFU ON CHOPPING BOARD AND CUT INTO SMALL CUBES THEN INSERT INTO LARGE BOWL.



2 SEASON CUT TOFU BY ADDING 1/2 TABLESPOON MSG, 1 TABLESPOON OYSTER SAUCE AND SWEET SOY SAUCE AND FINALLY 2 TABLESPOONS OF SOY SAUCE. THEN STIR THOROUGHLY. PUT ASIDE.



3 POUR 1 TABLESPOON OF OIL INTO PAN AND LEAVE FOR A FEW SECONDS THEN INSERT A SMALL BOWL OF LEMONGRASS AND STIR WELL FOR 5 MINUTES.



4 CUT SPRING ONION INTO SMALL PARTS THEN INSERT WITH THE TOFU INTO FRYING PAN AND KEEP MIXING UNTIL BROWN FOR ABOUT 10 MINUTES. LEAVE ASIDE IN A LARGE PLATE.



5 OPEN BAGGED VEGGIES AND CUT INTO SMALL PIECES, PLACE ONTO PLATE. GET 2 BABY CUCUMBERS AND CUT THEM INTO STRIPS, PLACE IN PLATE.



6 SET THE TABLE BY PUTTING THE TOF, VEGGIES, PLATES AND BOWLS, RICE PAPER, 1L OF WATER AND EGG (OPTIONAL) ON THE TABLE. *DIDN'T PUT PROCESS OF COOKED EGG BECAUSE OF GLUTEN.

Breakfast Bliss Balls

(Serves 12)

Ingredients:

- 100g almonds
- 4-weetbix crumbled
- 1 large ripe banana, coarsely chopped
- 200g fresh medjool dates, pitted and coarsely chopped
- 1 tsp vanilla extract
- 5 tbsp desiccated coconut

Tip: you can use prunes instead of dates (less sugar); You can remove nuts if you have an allergy; and You can add 1 tsp of honey for extra sweetness

Store in an airtight container in the fridge for up to 3 days.

To freeze the balls place in a snap lock bag and store in the freezer for up to 2 months.

Created by: Jax K

Prep time: 35 mins

Equipment:

- 1 food processor
- 1 tablespoon
- 1 teaspoon
- 1 knife
- 1 bowl
- 1 tray



Step 1: get all ingredients out.

How does the recipe address food waste and healthy eating?

You can use up your old bananas, and can freeze what you want to save and it's a quick healthy breakfast you can eat on the run.



Step 3: Add vanilla & 2 tbsp of coconut in the processor and then let the processor mix the ingredients.



Step 2: process almonds in food processor until finely chopped, then cut dates and banana. Add these to food processor with weet-bix.



Step 4: mix into balls and roll in coconut (3 tbsp) then serve chilled.

Perfect Peach & Banana Smoothie!

Serves 2 Prep time 15mins

By Josefina

*Food waste tip- you can use old and squishy fruit or change the fruit to liking.

Ingredients

- 1 Banana
- 2 peaches (400g)
- 400g/1 can coconut milk
- 1 tablespoon yoghurt

Equipment

- blender
- knife
- chopping board



Step 1 Gather ingredients.



Step 2 Cut the bananas and peaches.



Step 3 Put fruit in the blender.



Step 4 Add a tablespoon of yoghurt.



Step 5 Pour in the coconut milk in.



Step 6 Finely Mix all the ingredients together.



Step 7 Pour into a glass and serve.

Liana's Amazing Apple Omelettes

Created by: Liana
Prep time: 12 mins
Cook time: 15 mins
Serves: 4

Ingredients: 1 apple, 1 tablespoon milk, 5 eggs
{5 quarter cups of tofu if you can't have eggs},
1 pinch of salt and pepper,
1 tablespoon olive oil



Equipment: grater, fork, frying pan, stove, spatula, mixing bowl, Measuring spoons

How does the recipe address food waste and healthy eating?
3.7 trillion apples are wasted globally each year, and this recipe helps to use up all your apples that aren't being used.



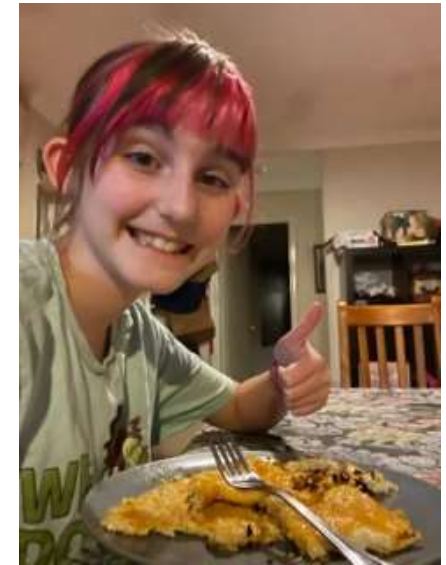
Liana's Amazing Apple Omelettes continued...



Procedure:

- 1. Grate the apple. Then turn the dial on the stove to halfway, and light the stove with care. Next, place the frying pan onto the stove, then pour the olive oil into the frying pan. Add the apple to the frying pan.**
- 2. While the apple is cooking, add the eggs/tofu salt, pepper, and milk into the bowl, and mix the ingredients thoroughly.**

- 3. When the apple is golden brown, pour the mixture of eggs/tofu, salt, pepper, and milk into the frying pan, on top of the apple.**
- 4. Wait for the omelette to cook, flip over if desired, cut into 4 pieces, and serve,**



Krazy Strawberry Banana Smoothie

Ingredients

- 2 cups fresh strawberries (halved)
- 1 banana (peeled, sliced)
- 1/2 cup Greek yoghurt
- 1/2 cup milk



Equipment

- blender
- measuring cup
- knife
- spoon & fork



Food waste tip: You can use any type of fruits.

Steps

1. First, cut the strawberries in halves, set aside then peel and slice banana.
2. Add both strawberries and banana in the blender, then measure and pour 1/2 cup milk and 1/2 cup Greek yoghurt into the blender.
3. Blend for roughly 5 minutes or until smooth. Once done, pour in a cup and serve with whipped cream, and enjoy!



created by: Rianne
prep & cook time: 5m
serves: 1



Aussie street corn

Created by: Robert.

Prep time: 6 mins.

Cook time: 0 mins.

Serves: 6 people.

Ingredients: Corn, 400g. Sour cream, 2 tbs. Large tomato, 1. Guacamole, 1 tbs.

Coriander, 2 tbs. Juice of ½ lime.

Equipment: Mixing bowl, 1. Tbs, 1. Knife, 1. Chopping board

Procedure:

Step 1: Wash corn. Put in bowl.

Step 2: Dice tomato. Scrape off the chopping board with your knife into the bowl.

Step 3: Chop coriander. Put in bowl.

Step 4: Add sour cream and guacamole.

Step 5: Squeeze lime in the bowl.

Step 6: Mix.



How does the recipe address food waste and healthy eating? Low sugar products, Aussie ingredients, cheap.

Packed Full Pumpkin Soup

Created by: Blake Grabsch

Ingredients:

- 3 tablespoons of olive oil
- 2 chopped onions
- 2 chopped celery sticks
- 1 kilograms of sliced carrots
- 6 pieces of roasted pumpkin
- 250g of diced potatoes
- 2 small pieces of roasted cauliflower
- Rosemary spices
- 750g of cherry tomatoes
- 2 vegetable stock cubes
- 1 tablespoon of vinegar
- 250mL of full cream milk

Equipment:

- Blender
- Stove
- Knife
- Spoon
- Cutting Board
- Saucepan

How does the recipe address food waste and healthy eating?

- The recipe uses left over ingredients: I used pumpkins, carrots and potatoes that were left over from the family's Sunday roast dinner. You can add in any left overs you wish; nothing goes to waste!
- This recipe is full of yummy vegetables and super healthy ingredients.

Prep time: 20 minutes

Cook time: 20 minutes

Serves: 4-6



Packed Full Pumpkin Soup

Procedure:

1. Finely cut up all the left over vegetables.



3. Pour the smooth soup into a saucepan and heat on a stove until warm.



2. Place all cut vegetables, spices and ingredients into a blender and blend until nice and smooth.



4. Pour the soup into your favourite bowl. Add seasoning to taste, and toast on the side, or anything else you wish. Enjoy!



AMAZING APPLE CRUMBLE by Hari

PREHEAT OVEN!!



Get 1 ½ cup of plain flour, 1 cup of rolled oats, ½ cup caster sugar and 1 tsp of cinnamon. Pour melted butter onto the mix and use spoon. (Or mix with hands like I did, its more fun!)

Melt 225g of butter.



Place the crumble mixture onto the apple and place in oven for 45 min at 180. ENJOY!!

- By Harrison
- Prep 30 min
- Cook 45 min
- 8-10 people serve

Ingredients

Filling

- 900 gram apples
- ¼ cup of caster sugar
- 2 tbsp brown sugar
- ½ tsp cinnamon
- 2 tbsp lemon juice Mix and then pour onto baking tray.
- 2 tbsp lemon juice.

Crumble

- 1 ½ cup plain flour
- 1 cup rolled oats
- ½ sugar
- 225 gram of butter
- 1 tsp of cinnamon
- 180 in oven for 45 min

Cut and peel 900g of Apples and then mix in ¼ cup of caster sugar, 2 tbsp of brown sugar, 2 tbsp lemon juice. Mix then pour into baking tray.

FOOD WASTE TIP:
Apples are some of the most wasted fruits.

Berry Good Banana Smoothie

Created by: Seth Clarkson

Prep time: 3 minutes

Cook time: 1 minute

Serves : 2

Ingredients:

6 Strawberries

1 Banana

200ml Milk

2 big Tablespoons Vanilla yoghurt

Equipment: Blender

Procedure:

Step 1: Collect all ingredients.

Step 2: Add in liquid and yoghurt into blender.

Step 3: Put in strawberries and chopped up bananas into the blender.

Step 4: Blend it all up till smooth thick liquid.

Step 5: Serve and try the best magical drink ever.

How does the recipe address food waste and healthy eating?

It helps from bananas, berries from going to the bin and yoghurt that your kids don't eat. It's healthy because it doesn't have any sugar it has fruit and dairy but if you're lactose intolerant use dairy free ingredients.



SUPER SANDWICH SUSHI

By Xavi.w

Ingredients: 1 piece of bread, fillings e.g. avocado, smoked salmon and mayo

Equipment: knife and chopping board



Step 1: cut the crust off the bread



Step 2: spread mayo or other spread



Step 3: put fillings inside on the bread



Step 4: roll the bread with the fillings in the inside



Step 5: chop into 3-4 pieces



Step 6: repeat and enjoy

Food waste tip: use veg that is about to go bad & use healthy foods



Refreshing fruit salad

1. STEPS:



Wash all fruits.

2.



Cut all fruits except mandarins and blueberries.

3.



Peel mandarins and insert all fruits in a big bowl/mixing bowl. Stir the fruits with a spoon.

4. Created by Mila.



Add whipped cream (optional) or syrup (optional) or both.

5.



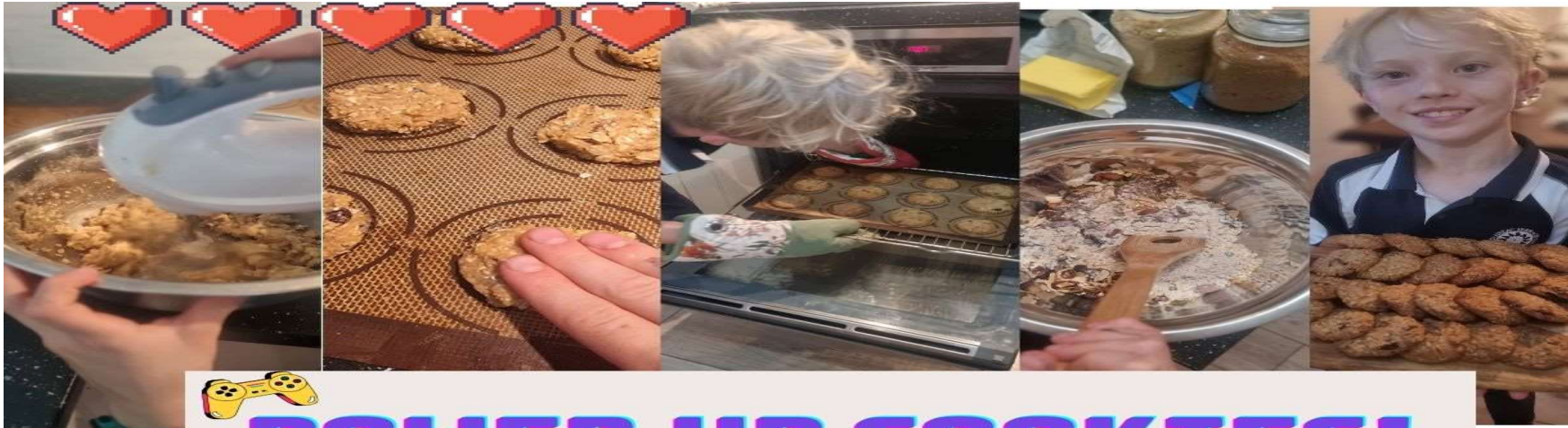
Stir again and serve!

SERVES: 4-6

**EQUIPMENT: BIG BOWL,
BIG SPOON, CHOPPING
BOARD, KNIFE**

**INGREDIENTS: HALF A WATERMELON, 1
APPLE, 2 KIWIS, 2 MANDARINS, 1 BANANA,
6 STRAWBERRIES, 1 PUNNET OF
BLUEBERRIES, SYRUP (OPTIONAL),
WHIPPED CREAM (OPTIONAL).**

This recipe uses lots of fruits that can be easily thrown away like bananas.




POWER UP COOKIES!

SERVINGS: 24

PREP TIME: 1 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 100 G SPELT OR WHOLEMEAL FLOUR
- 1 TEASPOON GROUND MIXED SPICE
- 1/2 TEASPOON BICARBONATE OF SODA
- 250 G PORRIDGE OATS
- 100 G RAISINS, SULTANAS OR WHICHEVER DRIED FRUIT YOU LIKE
- 25 G MIXED SEEDS , SUCH AS PUMPKIN, SUNFLOWER, FLAXSEED, SESAME
- 100 G UNSALTED BUTTER , (AT ROOM TEMPERATURE)
- 50 G GOLDEN CASTER SUGAR
- 50 G SOFT BROWN SUGAR
- 1 LARGE FREE-RANGE EGG

DIRECTIONS

- 1** PREHEAT THE OVEN TO 180°C
- 2** LINE 2 LARGE BAKING TRAYS
- 3** TIP THE FLOUR, MIXED SPICE, BICARBONATE OF SODA, OATS, DRIED FRUIT AND SEEDS INTO A LARGE BOWL AND MIX
- 4** IN ANOTHER LARGE BOWL, MIX BUTTER AND SUGARS TOGETHER UNTIL LIGHT AND FLUFFY. CRACK IN THE EGG AND BEAT TO COMBINE.
- 5** TIP IN ALL THE DRY INGREDIENTS AND STIR TOGETHER
- 6** WET YOUR HANDS, ROLL INTO 24 WALNUT-SIZED BALLS, PLACE ON TRAYS AND SQUASH DOWN SLIGHTLY.
- 7** BAKE FOR 8 TO 10 MINUTES, UNTIL LIGHTLY GOLDEN AND SLIGHTLY SOFT IN MIDDLE.



Prep time=7m
Cook time=4m

Brilliant banana smoothie

By Anthony

food waste tip:

You can use old over ripe bananas, and you can add other things like chia seeds



Ingredients:

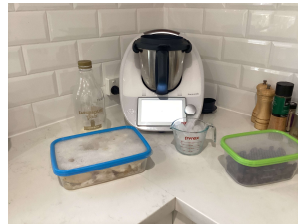
-3 Frozen bananas

-7 pitted dates

-1 cup ice

- 1 Half cup milk

-1 tablespoon peanut butter



(1)
Get all of you ingredients Reddy to go



(2)
Put the ice into the blender



(3) scoop your peanut butter into the blender



(4) put your 7 pitted dates in the blender



(5) put the three bananas in your blender

Equipment:

-measuring cup

-tablespoon

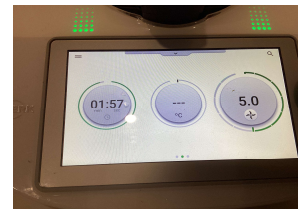
-blender



(6)blend for 1 minute on speed 7



(7) pour milk up to the half cup mark



(8) blend for 2 minuets on speed 5.



(9) slowly pour in the milk while blending.



(10) serve and enjoy

PERI'S TOAST OF THE FRENCH

Prep time: 4 MINS
Cook time: 5 MINS
Ingredients:

4 EGGS
1 CUP OF MILK
2 TSP OF CINNAMON
4 SLICES OF BREAD

Food waste tip:

IF YOU HAVE CHICKENS, GET YOUR EGGS FROM THEM INSTEAD OF BUYING THEM

STEP 1:

Pour milk, eggs and cinnamon into a bowl



STEP 2:

Dip the bread into your mixture



STEP 3:

Put your bread in the pan and wait for it to cook then turn it over



STEP 4:

Enjoy!



SUPER PINK SMOOTHIE BOWL

EQUIPMENT:
BLENDER
SPOON
MEASURING SPOON AND CUPS
BOWL

BY ALLEGRA PHELAN

PROCEDURE:
1. ADD YOUR DRAGONFRUIT, RASPBERRIES AND MIX OF FRUITS TOGETHER INTO THE BLENDER.
2. PUT YOUR HONEY IN AND THEN ADD YOUR MILK.
3. BLEND ALL YOUR INGREDIENTS IN THE BLENDER.
4. BLEND UNTIL SMOOTH BUT THICK (MAKE SURE THERE IS NO CHUNKS.)
5. POUR YOUR SMOOTHIE INTO YOUR BOWL. THEN TOP WITH YOUR CHIA AND PUMPKIN SEEDS. YOU CAN ALSO ADD BANANA OR COCONUT.

INGREDIENTS:
1/4 CUP FRUIT MIX (MANGO, PINEAPPLE AND BANANA)
1/4 CUP DRAGONFRUIT
1/4 CUP RASPBERRIES
1/8 CUP OF MILK (WORKS WITH ANY KIND OF MILK)
HONEY (ADD HOWEVER MUCH YOU WANT)
CHIA SEEDS (ADD HOWEVER MUCH YOU WANT)
PUMPKIN SEEDS (ADD HOWEVER MUCH YOU WANT)
COCONUT (OPTIONAL)
(SAME WITH BANANA)

FOOD WASTE TIP:
BLEND YOUR FRUIT SCRAPS INTO SMOOTHIES IF YOU HAVE SOME LEFTOVER BANANA OR MANGO PUT IT IN A FREEZER BAG AND FREEZER UNTIL YOU WANT A DELICIOUS SMOOTHIE





Monkey bread

By Sophie.c



ingredients

1 & 3/4 self raising flour
1/4 plain flour
1 tsp cinnamon
2/3 cup brown sugar
1/2 cup milk
50g butter
2 eggs
2 over ripe bananas

Step 1
line tray with butter
and baking paper. preheat
oven to 180.c



step 2
mix dry ingredients in
one bowl and wet
ingredients in another
bowl



Step 3
add all your ingredients
into one bowl and gently
fold mixture together



Step 4
add your mixture to
your prepared pan

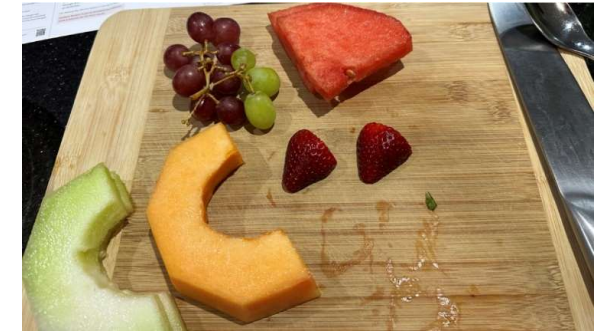


Step 5
bake in oven for 25-35
minutes or until middle
is cooked



Step 6
let your bread cool down
and enjoy your delicious
monkey bread 😊





Healthy Fruit Salad

Created by: Deegan

Prep time: 5 minutes

Cook time: 5 minutes

Serves: two serves

Ingredients: Honey Dew, Rockmelon, Watermelon, Strawberry, Grapes

Equipment: Bowl, Spoon, Knife, Chopping board, Fork

Procedure: First get the fruit out of the container and layer them on the chopping board. Then chop them up and whilst chopping them up you put the chopped up fruit into the bowl. Then add the rest of the fruit into the bowl and mix with the spoon and pour into the dishes and eat.

How does the recipe address food waste and healthy eating? All the ingredients in the fruit salad are all healthy.



Tuna Spaghetti

Created by: Keisha

Prep time 15 minutes

Cook time 10 minutes

Serves 4 persons

Ingredients: Pasta, Olive oil, Garlic, Tuna, Lemon juice, Parsley

Equipment: Pan and Ladle



1. Cook the pasta until al dente.

2. Meanwhile prep the other ingredients.

3. When the pasta is almost done, heat up the oil in the sauce pan.

4. Once hot, add the garlic and cook for 30 seconds.

5. Stir in the tuna, lemon juice, and chopped parsley.



How does the recipe address food waste and healthy eating?

A recipe can address food waste and healthy eating by using ingredients that are often discarded, such as vegetables peels, stems, seeds, or leftovers, and turning them into nutritious and delicious dishes. This way, you can minimise waste.

Apple pikelets

► Ingredients:

- 187ml Milk kefir
- 1 Egg
- 1 Grated apple
- 30g Butter
- 1 cup Flour
- 1 teaspoon Baking powder
- ½ teaspoon Baking soda
- Vanilla essence

► METHOD:

► Mix wet ingredients together with grated apple and then add dry ingredients and whisk until smooth.

► Pre heat a pan and drop spoonful of batter into pan and flip when bubbles form on top. Serve with yoghurt and enjoy.



Step one: get your ingredients out



Step two: get your dry ingredients and sift it



Step three: mix wet ingredients until smooth



Step four: cook until it start to bubble



Step five: flip when it has a lot of bubble



Step six: enjoy!

Soup's Up

Prep time: 20min

Cook time: 6h 10min

Serves: 4

Ingredients

- 1 tbsp olive oil
- 1 brown onion, finely chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 2 garlic cloves, thinly sliced
- 400g red delight potatoes, diced
- 1 cup Italian-style soup mix
- 3 cups Campbell's chicken liquid stock
- 1 dried bay leaf
- 1 bunch cavolo nero or small bunch kale, thinly sliced
- 4 thick slices crusty Italian bread
- Finely grated parmesan, to serve

Equipment

- Large non-stick frying pan
- 5.5 litre slow cooker
- Bowls
- Knife
- Chopping board



Created by: Maxwell

Created by: Maxwell McLaughlin



Procedure

Step 1

Heat oil in large non-stick frying pan over medium heat. Add onion, carrot and celery. Cook, stirring often, for 5 minutes or until softened. Add garlic. Cook for 1 minute or until fragrant. Transfer to the bowl of a 5.5 litre slow cooker.



Step 2

Add potato, soup mix, stock, bay leaf and 4 cups cold water to slow cooker. Cover with lid. Cook on low for 4 hours. Stir in the cavolo nero or kale and cook for a further 2 hours or until beans are tender.



Step 3

Toast bread. Roughly tear bread into pieces. Divide soup between serving bowls. Top with bread and parmesan.



How does the recipe address food waste and healthy eating?

You can add lots of different veggies that are about to go off. You can also change the chicken stock to vegetable stock for a healthier and vegan option.

Fantastic Fritters

Cook time: 20 minutes

Created by: Dhir

Serves: 2-3 people

Prep time: 10 minutes

Equipment:

- Mixing Bowl
- Grater
- Colander
- Spoon
- Frying Pan

Ingredients:

- 1 Zucchini
- ½ Teaspoon of Salt
- ½ Red Onion
- 1 Garlic Clove
- 1 tablespoon Chickpea Flour
- Pinch of Oregano
- 1 tablespoon Plain Flour
- Pinch of Pepper
- Pinch of Baking Powder

How does the recipe address food wastage and healthy eating?

You can use other vegetables too in substitution of the zucchini. If you don't use all the zucchini you can reuse it and the skin is not thrown away. When you squeeze the juice out of the zucchini you can use that juice in the garden.

Fantastic Fritters

Procedure:

1. Grate the zucchini and add ½ Teaspoon of Salt, then leave it in a colander to dry.

2. Squeeze all of the water/juice out of the grated zucchini.

3. In a bowl mix together 1 tablespoon of Chickpea Flour and water, then mix it.

4. Add the grated zucchini and ½ cut Red Onion and 1 grated or crushed Garlic Clove.

5. Then add a pinch of oregano, pepper and baking powder and some 1 tablespoon Plain Flour.

6 Stir with a spoon until it is a thick batter.

7. Heat is the frying pan and add some Olive Oil, add 4 teaspoons of the zucchini mixture.

8. Flip when golden brown or 2 minutes per side.

ENJOY!!



Brilliant Baked Apples

Created by: Shanal

Prep time 15 minutes

Cook time 35 minutes

Serves 2

Equipment :

Oven

Baking dish

Spoon

Bowl

Knife/apple corer

Ingredients:

1/4 cup brown sugar

1 teaspoon cinnamon

1/4 cup chopped pecans, optional

1/4 cup currants or chopped raisins

1 tablespoon butter

3/4 cup boiling water

2 red apples



How does the recipe address food waste and healthy eating?

This recipe can address food waste because you can use apples that are in any condition apart from the ones which are rotten. In addition apple is a wholesome food full of nutrients.

Procedure :

- 1 Preheat the oven to 375°F (190°C).
- 2 Do Rinse and dry the apples. Using a sharp paring knife or an apple corer, cut out the cores, leaving the bottom 1/2 inch of the apples intact.
- 3 Place the brown sugar, cinnamon, curants or chopped raisins, and chopped pecans (if using) in a small bowl and stir to combine.
- 4 Put the apples in a baking dish and stuff each apple with the sugar stuffing mixture. Place a dot of butter on top of the sugar.
- 5 Pour the boiling water into the bottom of the baking dish. Bake at 375°F (190°C) for 30 to 45 minutes, until the apples are cooked through and tender, but not overcooked and mushy.



myso Shaker®

by 20 sep 2014

Chelsey Henke
RMLA

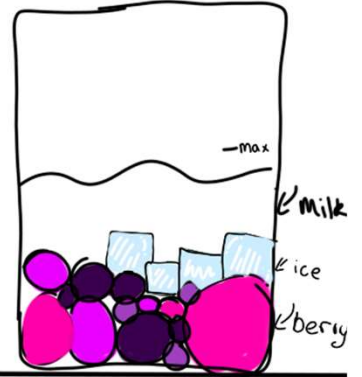
① get your berries out, milk, and ice (mixed)



② you need 1. Blender. your blender cup



put your berries in your cup then milk about half a cup then ice ③



④ Blend!!!!



ready
to
See?
....

1
2
3!

⑤ instead of using fresh berries use frozen berries



⑥



Yummy!!!!

The Wonder Bowl

Smoothie bowl



Ingredients:

- 5 frozen strawberries
- 50 g frozen pineapple
- 50 g frozen mango
- 10 ice cubes
- 2-3 TBSP almond milk

TOPPING:

- Blueberries
- granola
- fresh strawberries, chopped

Equipment

Bowl
Tablespoons
Knife
chopping board
blender

Directions:

First, add the frozen straw berries into the blender.

Next, add the pineapple and mango.

Then add the ice.

Next add 2-3 tbsp almond milk

TOPPING

Put the blueberries to one side,
next the granola,

Then finally slice the strawberries add.

Enjoy!

CRISPY POTATO SKIN CHIPS

BY SCARLETT EDWARDS
YR6

Ingredients

- 1 PINCH OF SALT
- 1 PINCH OF PEPPER
- 1 PINCH OF ROSEMARY
- THE SKIN OF 2 LARGE POTATOES
- 2 TB SPOONS OF OLIVE OIL

Prep time: 5 -10mins

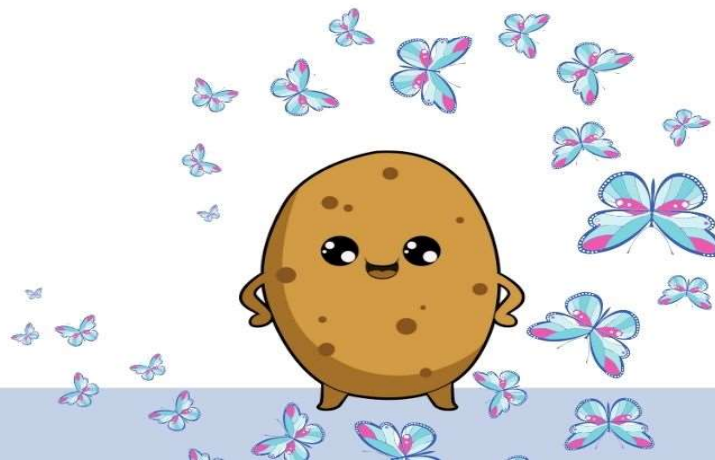
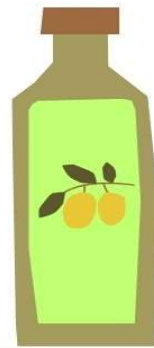
Cook time:15-
18 mins

Equipment

- ONE BOWL
- BAKING TRAY
- BAKING PAPER
- TB SPOON
- PLATE

Did you know that potato skins are better for you than the actual potato!

NORMALLY THE POTATO SKIN GETS THROWN OUT SO RECIPE SAVES THEM!



Method:



Step 1:
Wash your hand with warm, soapy water.



Step 2:
Wash your 2 potatoes with water.



Step 3:
Peel the potatoes and put into a bowl.



Step 4:
Add the salt, pepper, rosemary and 1 TB spoon of oil. Then mix.



Step 5:
Lay out the skins on a baking tray with baking paper.



Step 6:
Put skins into the oven for 15-18 mins at 200 degrees.



Step 7:
Once cooked take out and put on a plate to serve.



Mucho Nachos



Step 1. Get all your ingredients together.

Step 2 .Grate cheese.

Step 3. Put a hand full of corn chips in a bowl

Step 4 . Put a layer of cheese on the corn chips and repeat until you're happy with the amount then add salsa and more cheese.

Step 5. Put the chicken on top .

Step 6. Put the bowl into the microwave and cook for 1 to 2 minutes.

Step 7. Cut an avocado in half and spoon out the inside into a bowl put the seed and the skin to the side .Mash the avocado in a bowl until mushy then dice a tomatoes and add to the avocado

Step 8. Serve and enjoy!



things you need

spoon

bowl x2

knife

grater

chopping board

fork

microwave

Serves
1 to 4 people

Food waste tip
you can add any
leftovers for the
toppings

Ingredients

tomato.

cheese.

chicken.

corn chips.

salsa.

corn chips.

avocado .

Apple smoothie boothie

By Ramez

1. Get ingredients



2. Cut the apple into pieces



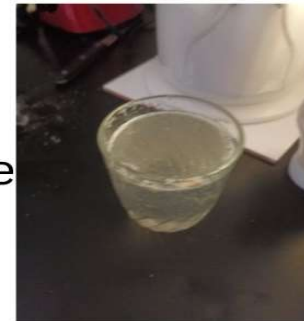
4. Turn the blender on and give it 20 seconds



Once your done pure the smoothie into a cup and enjoy

Utensils
Knife
Cup
blender
Plate

3. Put apple in the blender and add some lemon juice



Ingredients
Lemon juice
1 apple

Sweet berry sorbet

Ingredients.

50g sugar
350g frozen fruit
(do not use fresh fruit)
1 egg white

Equipment.

A thermomix
A bowl
A spoon
A butterfly

Step two

Add the 350g of frozen fruit, mix for 30 seconds at speed 8



Insert the butterfly and mix for 2 minutes at speed 4.5.



Step four

Separate the egg and egg yolk and add just the egg yolk, mix for 5 seconds at speed 5.

Step three



Add the 50g of sugar and mix for ten seconds at speed 10.

Step one



Final product





THANKS



We would also like to thank the Oz Harvest FEAST Program for giving us this amazing opportunity. In addition to learning how to cook sustainably and produce less food waste, we learnt how to budget & shop for food online, use Excel to tally up our expenses, learn about food safety & hygiene and developed our collaboration & co-operation skills.



THANKS



ATPS would like to thank our awesome helpers who came along and helped with cooking each week.

