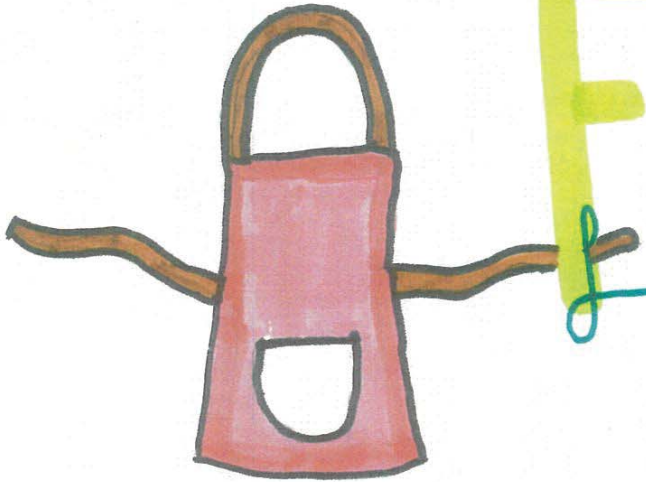


By 5/6 girls

4/5/6 Berrigan
4/5/6 berrigan

Feast Recipes



Beep
Beep!



Tomato Blender Soup



Ingredients:
1kg (about 8) ripe tomatoes, quartered
1 small red onion, chopped
2 teaspoons olive oil
2 garlic cloves
125ml (1/2 cup) Massel vegetable liquid stock, plus extra, if needed
2 tablespoons chopped fresh oregano or basil, plus extra, to serve (optional)
2 tablespoons chopped fresh chives
1 small baguette, thinly sliced
20g (1/4 cup) finely grated parmesan

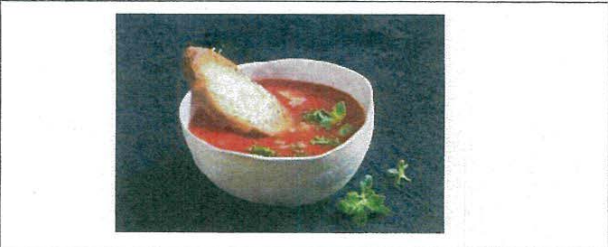
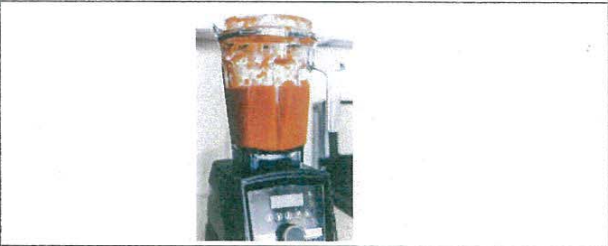
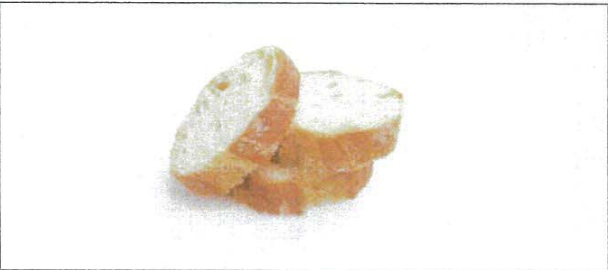
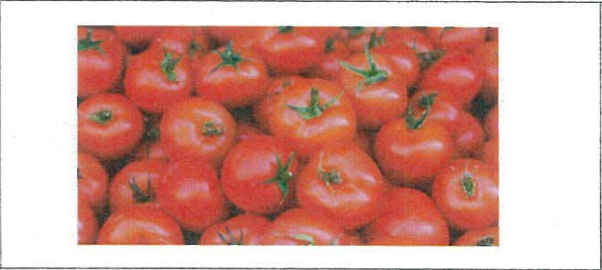
Steps:
1. Place the tomato and onion in a high-powered blender or food processor. Process until smooth. Heat oil in a saucepan over medium heat. Cook the garlic for 30 seconds.
2. Pour in tomato mixture and stock. Stir for 5-7 minutes or until heated through. Stir in herbs and season.
3. Meanwhile, preheat the grill on high. Place baguette slices on a baking tray and grill for 1 minute or until toasted. Sprinkle with parmesan.
4. Divide soup among serving bowls. Scatter with extra fresh herbs and serve with the cheese toast 20-30 seconds or until golden.

Equipment:

- Metal bowl
- Wooden spoon
- Blender
- Knife

How is your recipe healthy?
It has lots of vegies and no sugar.

Food waste tips:
You can put it in the fridge reheat it to have it the next day for lunch.



FRUIT SALAD PARFAITS



Ingredients:

400g natural Greek yoghurt reduced fat
2 tbsp honey
1 tsp vanilla extract
1 cup granola or toasted muesli
1 400g can fruit salad in natural juice
drained

Equipment:

Bowl
Whisk
Spoon
Glass or glass jar

How is your recipe healthy?

Fruit is healthy and it doesn't have any added sugar.

Food Waste Tip:

Use fruit that is nearly over ripe if you need to finish it up.

STEPS:

1. In a medium bowl, add the yogurt, honey and vanilla. Whisk to combine.
2. Transfer yogurt and assemble your parfaits in glasses or glass jars in the following order:

1 tbsp granola

2 tbsp fruit

2 tbsp yogurt

Repeat until the glass is full.

Finish with yogurt, fruit and granola on top.





Banana Pikelets



Ingredients:

- 1 cup whole meal or plain self-raising flour.
- 1 pinch salt
- 1 egg beaten
- ¾ cup reduced fat milk
- 1 teaspoon of vanilla essence
- 1 banana (preferably over-ripe) mashed with a fork.
- 1 tablespoon of honey.
- 2 tablespoon of cinnamon/sugar mix.
- 2 tablespoon of oil.

Equipment:

- Large bowl
- Fork
- Electric frypan
- Spatula
- Measuring cups
- Measuring spoons

How is your recipe healthy?

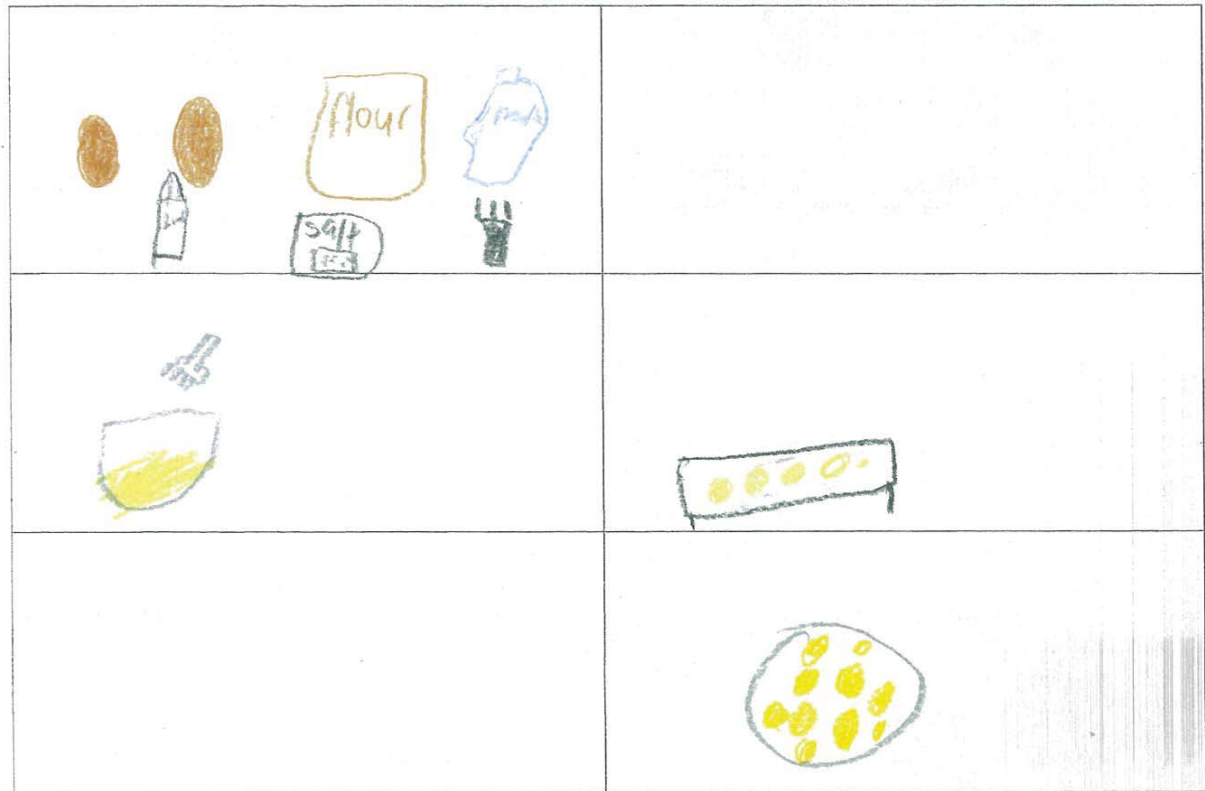
It is healthy because it has vanilla essence.

Food waste tips:

If you have waste put it in the worm bin.

Steps:

1. Mix flour, honey, salt, egg and milk with fork until smooth.
2. Add mashed bananas and stir mix
3. Heat the frypan with a little oil and spoon 2 tablespoons batter to form a circle.
4. When pikelets bubble on top, flip and cook the other side until brown.
5. Serve warm or cold with cinnamon sugar.





Healthy Banana Bread



Ingredients: 4 very ripe bananas

- 2 eggs
- 1/2 cup olive oil
- 1/4 cup milk
- 1 teaspoon vanilla bean paste
- 1 teaspoon ground cinnamon
- 1 cup wholemeal flour
- 1 cup plain flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- Pinch salt



Equipment:

- KitchenAid mixer (or a bowl, and electric beaters or a spoon and strong arm)
- Rubber spatula
- 1 or 2 loaf pans

Step:

1. Preheat the oven to 160C or 140C fan-force. Grease and line a loaf pan with baking paper.
2. Mash bananas in a large bowl with a fork until smooth. Add eggs, oil, milk and vanilla and stir until combined. Sift flours, cinnamon, baking powder, bicarbonate and salt over banana mixture (tip in the flour kernels). Stir until combined. Spoon into prepared pan and level top with a spatula.
3. Bake for 1 hour 10 minutes or until a skewer inserted in center comes out clean. Stand in pan for 5 minutes. Transfer to a wire rack to cool.

How is your recipe healthy?

I have replaced the sugar with honey and it has healthy ingredients.

Food waste tips:

You can use bananas that no one wants to eat and it tastes good.





Apple and Date Bliss Balls



Ingredients:

- 2 cups rolled oats
- 5 pitted dates
- 1½ cups dried apple, chopped
- 3-5 tblsp water
- 3 tblsp desiccated coconut (extra for rolling)
- 1 tsp vanilla

Equipment:

- . Blender
- . Measuring Cup
- . Tablespoons
- . Spoon

How is your recipe healthy?

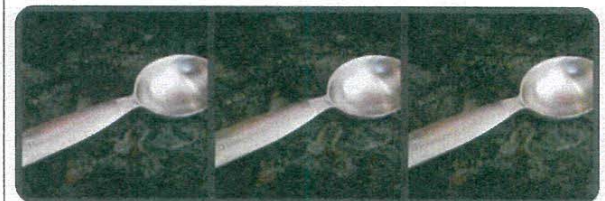
There is no sugar in Apple and Date Bliss Balls.

Food waste tips:

You can put apple and bliss balls in the freezer.

Steps:

1. Blend oats in a high-speed blender or food processor until they're a flour-like consistency.
2. Add the apple, coconut and vanilla and process.
3. Slowly add the dates and water.
4. Start with 3 tablespoons of water and add more if required.
5. Scoop out the mixture, slightly dampen hands, and roll into 20 balls.





Yoghurt Banana Cake



Ingredients:

- 150g flora buttery
- 1 cup brown sugar
- 1 teaspoon vanilla bean paste
- 3 eggs
- 3 cups of self-rising flour
- ¼ teaspoon bicarbonate of soda
- 1 cup Greek -style yoghurt
- 1 ½ cup of mashed banana
- Chopped walnuts, to decorate
- Sliced banana, to decorate

Equipment:

- Oven
- Measuring cup
- Electric mixer
- Spoon
- Spatula
- Pan

How is your recipe healthy?

It is healthy because it has banana and yoghurt.

Food waste tips:

Stop wasting food. Use the bananas before they get too over ripe.

Steps:

1. Preheat the oven to 180c/160cfan-forced. Grease a 7cm deep, 19cm square cake pan. Line base and sides with two layers of baking paper.
2. Using an electric mixer, beat margarine sugar and vanilla for 5 minutes
3. Add eggs one at a time beating until combined stir in sifted flour, bicarb soda, yogurt and banana until combined.
4. Spoon mixture into pan, level top with a spatula.
5. Bake for hour or so
6. Stand in the pan for ten minutes
7. Turn on to wire rack to cool
8. Add cream cheese icing if you want.





Creamy Chicken Pasta



Ingredients:

- 2x chicken breast
- 400g thickened cream
- 1 garlic clove
- 1/2 brown onion
- 1/2 red capsicum
- 2 tbsp olive oil
- 2 rashers of bacon
- 1 packet of Penne pasta

Equipment:

- Large pan
- Wooden spoon
- Ladle (for scooping cream)
- Garlic crusher (if you have one)
- Sharp knife

How is your recipe healthy?

Meat makes us grow.
The pasta makes us strong.

Food waste tips:

Any food left over keep in a container.
It will last for around 4 days.

Steps:

1. Chop up brown onion, red capsicum into thin slices, finely chop the garlic (or a garlic crusher) and chop the bacon in to small cubes.
2. In a large fry pan put a drizzle of olive oil and put in the brown onion, red capsicum, garlic and bacon and cook on medium high until browned then set a side on a plate.
3. Cut the chicken into 3 cm pieces then put the fry pan and cook high until white edges.
4. Add the onion, capsicum, bacon and the thickened cream into the fry pan and let simmer for 10-15 mins.
5. Fill a pot 3/4 full of water add a pinch of salt and put your pasta in on medium high for 15 mins.
6. Now put for chicken into a bowl and use a ladle to scoop up the cream and your pasta and ENJOY!





Stock Pile Soup



Ingredients:

- Veggies that you have in your fridge.
- Pasta
- Tomato soup
- Meat (Any Type)
- Veggies (Any Type)
- Pasta

Equipment:

- Pot
- Wooden Spoon
- Bowl

How is your recipe healthy?

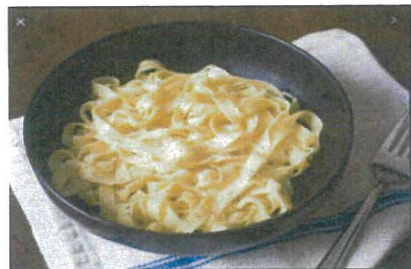
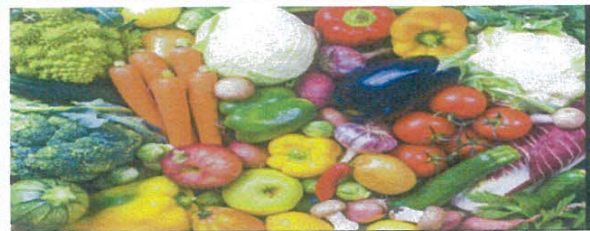
It uses up all the food that you might have in your fridge like meat, pasta and veggies.

Food waste tips:

You can use all the things in your fridge and cupboard.

Steps:

1. Get the pot and put the tomato soup in it.
2. Put the meat in with the tomato soup.
3. Put the veggies in with the soup and meat.
4. Last put the pasta in with everything else and let it cook.
5. Serve it and eat.





Chicken Stir Fry



Ingredients:

- 1 tablespoon oil
- 500g Lilydale free range chicken breasts, cut into strips
- 2 tablespoons Chinese black vinegar
- 2 tablespoons gluten-free tamari
- 2 teaspoons sambal to taste
- 2 teaspoons caster sugar
- 1 white onion, cut into thin wedges
- 1 red capsicum, cut into thin slices
- 6 celery stalks, trimmed, thinly sliced on the diagonal
- 250g green beans, topped, cut into 4cm lengths
- 1/4 cup (40g) peanuts
- 3 cups steamed white medium grain rice

Equipment:

- Wooden Spoon
- Non Stick Pan
- Knife
- Chopping board
- Strainer
- Rice cooker

How is your recipe healthy?

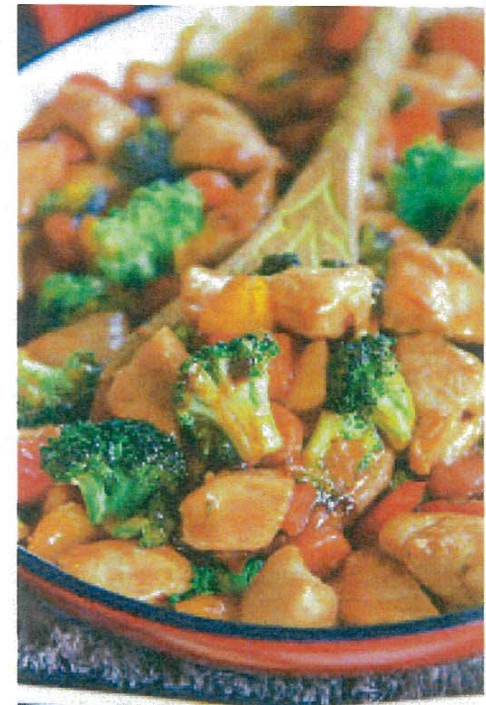
This has a lot of veggies and fresh food.

Food waste tips:

You can make this with any veggies that need using up and it will still taste good.

Steps:

1. Toss chicken in sugar and 1 tablespoon of the sauces.
2. Heat half oil in a non-stick wok over high heat.
3. Drain half chicken and stir fry until cooked about five minutes.
4. Remove from the pan.
5. Repeat with remaining chicken and oil.
6. Reduce heat to medium and add capsicum, onion and remaining sauce, cook for five minutes.
7. Add the chicken.
8. Simmer and remove from heat.
9. while chicken is simmering, cook rice
10. Add Peanuts.





HEALTHY LEMON SLICE



Ingredients:

- . Gluten free flour
- . Almond meal
- . Desiccated coconut
- . Light olive oil
- . Maple syrup
- . Lemon rind (finely grated)
- . Lemon juice

Coconut Icing

- . Coconut cream
- . Maple syrup

Equipment:

- .Oven
- .Whisk
- .Measuring cup
- .Bowl
- .Baking Tray

How is your recipe healthy?

I replaced the sugar with honey so it is better for you and it is a natural sweetener.

Food waste tips:

Use stale biscuits that nobody will want to eat.

Steps:

1. Preheat oven to 180 degrees/ 160 degrees Celsius fan forced.
2. Grease the base and sides of a 20/30 slab pan.
3. Line with baking paper, allowing it to extend over the 2 long sides.
4. Place the flour, seeds in desiccated coconut in a food processor. Process until almost finely ground.
5. Add the honey and coconut oil, eggs, vanilla extract and baking powder.
6. Scraping down the side occasionally until the mixture sticks together. Use the back of a wet spoon to press the mixture onto the prepared pan base with a fork.
7. Bake for 10 to 15 minutes or until golden. Remove from the oven and set aside to cool.
8. Scoop the solid part from the coconut cream and transfer to a bowl. Add the maple syrup. Blend cream until smooth. Pour over the prepared base. Place in the fridge for 30 minutes or until the icing has set.





Banana Bread



Ingredients:
Melted low-fat dairy spread, to grease
265g (1 3/4 cups) self-raising flour
40g (1/4 cup) plain flour
Teaspoon ground cinnamon
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

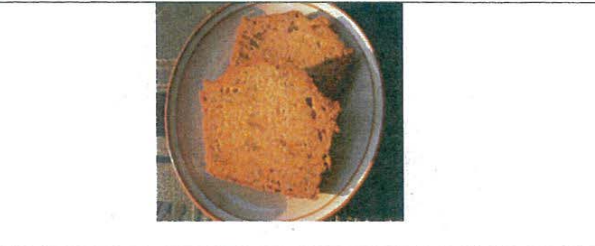
Equipment:
Loaf pan
Baking paper
Bowl
Sifter
Fork
Spoon
Wire rack

How is your recipe healthy?
It has got banana and nuts in it.

Food waste tips:
You can use bananas that are a bit soft instead of throwing them out.

Steps:

1. Preheat oven to 180°C. Brush an 11 x 21cm 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.
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.
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.





Fruit Smoothie



Ingredients:

- 1 cup fruit juice
- ½ cup yogurt
- 2 cups frozen fruit
- 1 small banana

Equipment:

- Blender
- Cup measure
- Sharp knife

How is your recipe healthy?

It is healthy because it uses fruit.

Food waste tips:

It is a great recipe to use up fruit before it rots that may be thrown away.

Steps:

1. Cut all your fruits.
2. Add all ingredients to a blender.
3. Blend on high until desired consistency is reached.
4. Add a little more juice or a little more frozen fruit as needed to get desired consistency.
5. Drink and enjoy

1



2



3



4



5





Chicken Vegetable Lasagna



Ingredients:

- Olive oil spray
- 1 onion, diced
- 2 cloves garlic, crushed
- 500g lean chicken mince
- 2 carrots, grated
- 2 zucchinis, grated
- 2 cups mushrooms, sliced
- 2 400g tins crushed tomatoes
- 2 tbsp. tomato paste
- 1 tsp reduced-salt chicken stock powder
- ½ cup water
- ½ tsp paprika
- 2 tbsps. Fresh herbs, chopped (e.g. basil, oregano or rosemary) or 2 tsp dried Italian herbs
- 150g baby spinach
- 500g reduced-fat ricotta cheese
- ½ cup reduced-fat milk
- ½ cup Parmesan, grated
- 250g Instant lasagna sheets, preferably whole meal

Equipment:

- Large fry pan
- And large spoon
- stove

How is your recipe healthy?

This recipe has a lot of vegetables.

Food waste tips:

It can be used for the next day as leftovers.

Steps:

1. Preheat oven to 180°C
2. Spray a large frypan with oil and heat over medium heat.
3. Sauté the onion and garlic until soft.
4. Add the mince and brown, breaking up with a wooden spoon.
5. Add the carrot, zucchini and mushrooms and cook for 5 minutes.
6. Add the tomatoes, tomato paste, stock powder, water, paprika and herbs. Simmer for 20 minutes, until the liquid has reduced by a third.
7. Add the spinach, stir and cook for 1 minute until wilted.
8. Remove from heat.
9. Meanwhile, blend the ricotta, milk and all except 2 tablespoons of the Parmesan until smooth.
10. Spray a deep lasagna dish with oil. Spread a third of the mince sauce over base.
11. Repeat the layering, finishing with the cheese mix. Sprinkle the top with the remaining Parmesan and bake for 30-40 minutes.
12. Stand for 5 minutes before serving.



ROAST CHICKEN WITH STUFFING



Ingredients:

- 1 Whole Chook
- 2 ½ Tablespoons of minced Garlic
- 4 Tablespoons of Softened Butter
- 3 Teaspoons of Oil
- 6 Loaves of Old Bread
- 1 Diced Onion

Equipment:

- Oven
- Oven Tray
- Medium sized bowl
- Wooden Spoon
- Tablespoon
- Teaspoon

How is your recipe healthy?

It has healthy ingredients plus the chicken has lots of protein.

Food waste tips:

Put it in the refrigerator and have it for the next day as left overs.

Steps:

1. Pull chicken out of package and put on a plate.
2. Rub oil over chicken
3. In a medium size bowl brake bread into bite size pieces than add garlic, butter and diced onion.
4. Mix with wooden spoon.
5. Preheat oven to 200 decrease
6. Spray bottom of oven tray put the chicken in the oven tray then cook in oven for 1 to 2 hours.





Egg Muffin



Ingredients:

70g hickory-smoked bacon rashers, finely chopped
35g (1/2 cup) fresh breadcrumbs
10g butter
1 tablespoon chopped flat-leaf parsley
300g (2 cups) self-raising flour, plus extra to coat the eggs
65g (3/4 cup) coarsely grated cheddar
1 zucchini (about 165g) coarsely grated
185ml (3/4 cup) milk
1 x 125g can creamed corn
Sea salt and freshly ground black pepper
Tomato relish to serve with

Equipment:

- Spoon or fork
- Tablespoon
- Oven

How is your recipe healthy?

It's got eggs and vegies. Eggs are protein.

Food waste tips:

You could get some left over zucchini from your dinner.

Steps:

1. Heat water and stir constantly until the water comes to the boil add eggs.
2. Peel the eggs and put the eggs in the freezer to chill and firm up.
3. Heat a small non-stick frying pan over medium-high heat. Add bacon and the breadcrumbs and butter. Cook, stirring for 3-4 minutes, until light golden. Remove from the heat and stir in the parsley.
4. Preheat the oven to 200°C/180°C fan-forced. Lightly butter a muffin tin.
5. Combine the flour, cheese and zucchini in a large bowl. Use a fork to lightly whisk together the milk, creamed corn and remaining eggs in a jug. Season, then add to the flour mixture and stir well until combined.
6. Roll the frozen eggs in the extra flour to coat.
7. Spoon half the zucchini mixture into the muffin holes.
8. Gently press an egg into the Centre of the mixture in each muffin hole and use a spoon to carefully cover completely with the rest of the mixture.
9. Sprinkle with the bacon crumbs, then back for 20 minutes, or until golden. Serve with tomato relish.





Healthy Banana Bread



Ingredients:

Bananas
Greek Yogurt
Honey
Egg
Vanilla Extract
Almond Milk
Self-Raising Flour

Equipment:

Bowl
Spoon
Bread tin
Knives
Or use a Thermal Mix
Wire rack

How is your recipe healthy?

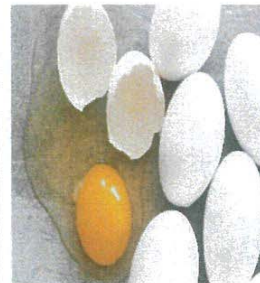
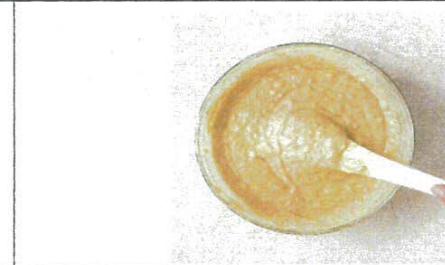
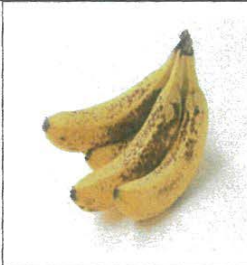
It has some bananas and some honey from bees and it has natural sugar in it with is not like your regular sugar.

Food waste tips:

If you don't like it you can donate it to kids in Africa, which is a way to not waste food.

Steps:

1. Preheat oven to 165 degrees and grease a loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk.
3. Add Greek Yogurt, vanilla, and whisk to blend.
4. Stir in the flour, just until combined.
5. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon.
6. Bake for 55 to 60 minutes, or until a toothpick inserted into the centre comes out clean
7. Let the bread cool in the loaf pan for at least 10 minutes.
8. Transfer loaf to wire rack.





Bruised Apple Sauce



Ingredients:

- 4 bruised apples
- ½ tsp cinnamon
- ¼ C maple syrup
- ¾ C water

Equipment:

- Peeler
- Knife
- Saucepan
- Wooden Spoon
- Fork or Potato Masher
- Jars (airtight for storage)

Steps:

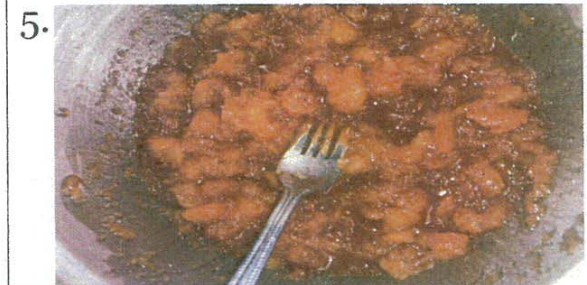
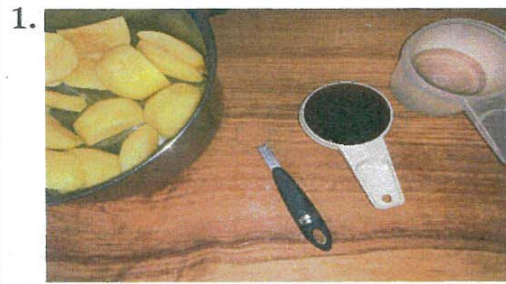
1. Peel the apples, remove the stems and cores.
2. In a saucepan, combines apples, water, maple syrup and cinnamon.
3. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft.
4. Allow to cool, then mash with a fork or potato masher.
5. Fill jars up and store in a fridge.
6. ENJOY!

How is your recipe healthy?

Apples are a healthy fruit.

Food waste tips:

This recipe uses up the apples that are bruised that we don't eat. Making the apple sauce it great as it can be stored in a fridge for a longer period of time.





Sugar-free Banana Bread



Ingredients:

- 4 very ripe bananas
- 2 eggs
- 1/2 cup olive oil
- 1/4 cup milk
- 1 teaspoon vanilla bean paste
- 1 teaspoon Ground Cinnamon
- 1 cup wholemeal flour
- 1 cup plain flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- Pinch salt

Equipment:

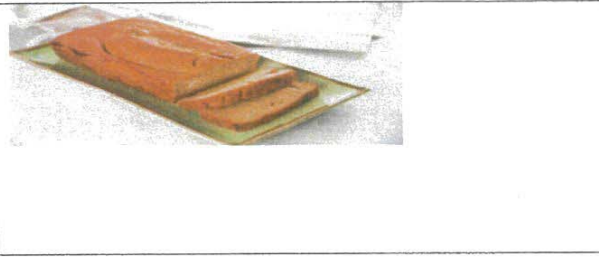
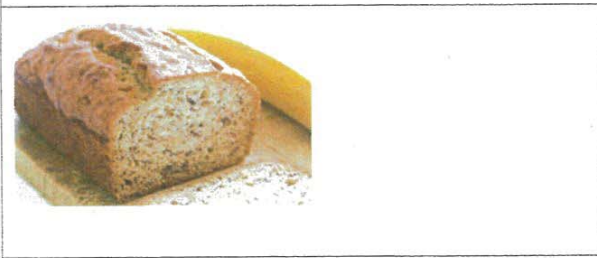
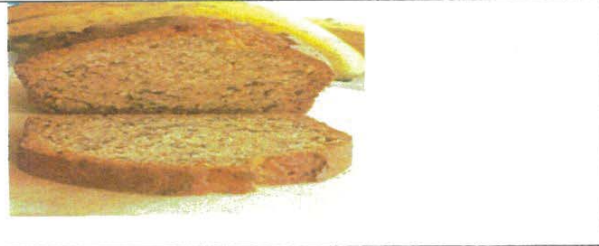
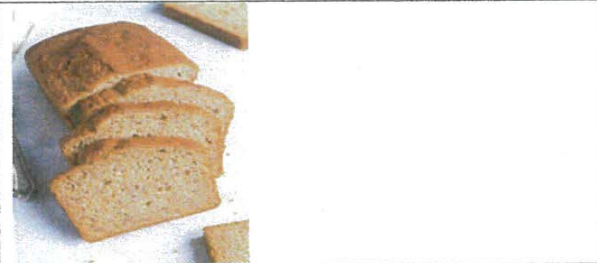
- Loaf pan
- Mixing bowl
- Measuring cups
- Teaspoons
- Sifter
- Fork
- Baking Paper
- Wooden Spoon

How is your recipe healthy?
 We are using fruit and eggs which are natural ingredients, whole meal flour is used and it is sugar free.

Food waste tips:
 Very ripe bananas are used instead of being thrown out.

Steps:

1. Preheat the oven to 160C or 140C fan-force. Grease and line a loaf pan with baking paper.
2. Mash bananas in a large bowl with a fork until smooth. Add eggs, oil, milk and vanilla and stir until combined.
3. Sift flours, cinnamon, baking powder, bicarbonate and salt over banana mixture. Stir until combined.
4. Spoon into prepared pan and level top with a spatula.
5. Bake for 1 hour 10 minutes or until a skewer inserted in centre comes out clean.
6. Rest pan for 5 minutes. Transfer to a wire rack to cool.





Spinach and Cheese Cob Loaf



Ingredients:

- 450g Cob Loaf
- 250g Frozen Spinach, thawed
- 250g Creamed Cheese, softened
- 300ml Tub Sour Cream
- 40g Packet, French Onion Soup Mix
- Vegetable Sticks

Equipment:

- Oven
- Baking paper
- Tray
- Knife
- Spoon
- Bowl

How is your recipe healthy?

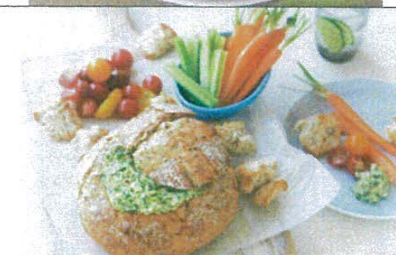
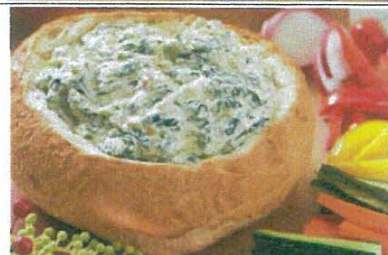
It uses vegetables

Food waste tips:

You could use leftover bread.

Steps:

1. Preheat oven to 180/160 fan-forced. Line a large baking tray with baking paper.
2. Cut 4cm off top of cob loaf to form lid. Scoop bread from centre of loaf, leaving 1.5cm edge. Tear or roughly chop bread pieces.
3. Squeeze out any excess moisture from spinach, discarding any liquid. Combine spinach, cheese, sour cream and soup mix in a large bowl. Season with salt and pepper.
4. Spoon mixture into loaf. Top with lid. Place on prepared tray. Arrange bread pieces in a single layer around loaf. Bake for 20 minutes or until golden. Serve with cut vegetables and extra crackers if desired.



Mac and cheese



Ingredients:

Pasta
Broccoli
Milk
Carrots
Butter corn
Salt
Green beans
Bread
Flour
Cheese

Equipment:

Pot
Fork
Bowl
Knife
Blender
Stove
Measuring cup

How is your recipe healthy?

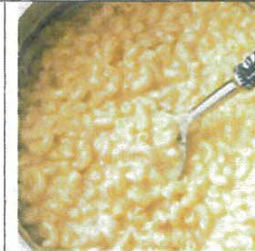
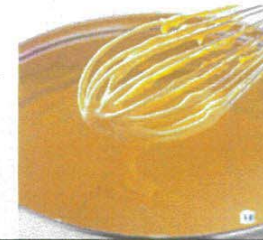
This recipe uses fresh veggies which are healthy.

Food waste tips:

This recipe uses stale bread which may have been thrown out and can be put in the fridge for later and eaten as leftovers.

Steps:

1. Boil water
2. Add butter & flour to pot & mix
3. Add cheese and milk in pot mix
4. Add salt to water add pasta
5. Mix pasta & cheese mixture.
6. Make breadcrumbs in blender.
7. Add pasta to dish put breadcrumbs on top.
8. Steam fresh veggies.
9. Cook the pasta bake in oven.
10. Serve with steamed veggies.



Healthy Pizza



Ingredients:

2 tsps. (7 g sachet) dried yeast
 1 cup (250ml) room temp water
 2 2/3 cups (400ml) plain flour, plus extra to dust
 2 tsps. Salt
 3 tbsps. (1/4 cup) olive oil

Equipment:

Whisk
 Heat proof jug
 Large bowl
 Hands
 A bench top floured lightly

How is your recipe healthy?

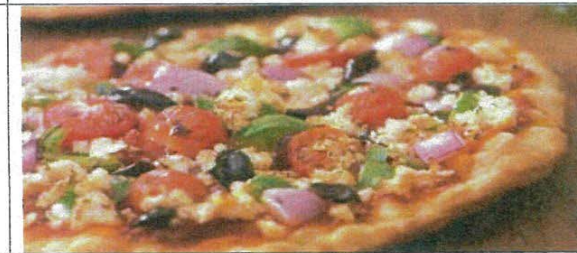
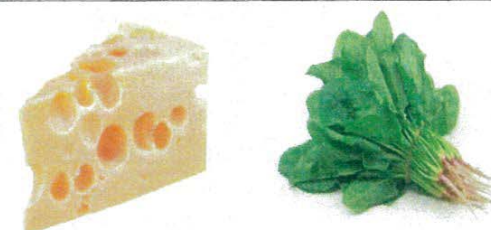
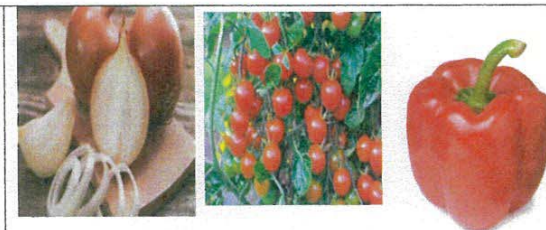
Healthy toppings make a pizza good for you. Cheese and Ham are both healthy toppings you can add to make it healthy but you can basically put any veggies or leftovers on a pizza with some cheese.

Food waste tips

Chop up any leftovers and add to a pizza and make it one with the lot!

Step:

1. Whisk yeast and water in a heatproof jug. Stand for 5 minutes or until frothy.
2. Place flour and salt in a large bowl. Make a well in the centre. Pour in the yeast mixture and oil. Using your hands, mix the dough until it comes together and is smooth. Turn out onto a lightly floured work surface and knead briefly.
3. Place dough in a lightly oiled bowl and cover with cling wrap. Set aside in a warm place to rise for 30 minutes to an hour until it doubles in size.
4. Turn dough out onto a lightly floured surface and knead gently for another 5 minutes or until smooth. Divide dough and roll out pizza bases to desired size. Sprinkle a little flour on the bench before rolling to prevent dough from sticking. Your dough is now ready for your favourite pizza topping.
5. Place in the oven for 10-15 mins on 160-180 degrees,





Alternative Spanish Gazpacho



Ingredients:

- 1 capsicum
- 2 tomatoes
- 2 cloves of garlic
- 1 tablespoon of oil
- 1 teaspoon of vinegar
- 1 cucumber
- Bread

Equipment:

- Blender
- Knives
- Chopping board

How is your recipe healthy?

It uses vegetables and garlic which are good for you.

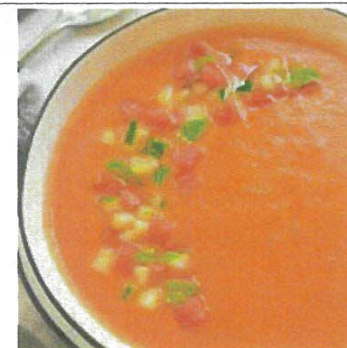
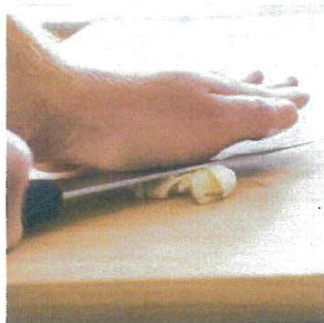
Food waste tips:

This recipe uses stale bread which may have been thrown out.

Steps:

1. Crush garlic with blade of the knife and peel off skin.
2. Slice vegetables and place into blender.
3. Add oil and vinegar and blend together until smooth.
4. Soak bread in water
5. Serve with desired toppings and soaked bread.

Best served cold





Sugar Free Banana Bread



Ingredients:

- 4 over ripe bananas
- 2 eggs
- ½ a cup of olive oil
- ¼ cup of milk
- 1 teaspoon of vanilla bean paste
- 1 teaspoon of cinnamon ground
- 1 cup of whole meal flour
- 1 cup of plain flour
- 1 teaspoon of baking powder
- 1 teaspoon of bicarb soda
- A pinch of salt

Equipment:

- Loaf pan
- Fork
- Large bowl
- Sifter
- Spoon
- Wire rack
- Oven

How is your recipe healthy?

It contains fruit and no sugar.

Food waste tips:

It uses over ripe bananas so you don't throw them out.

Steps:

1 Preheat the oven to 160C or 140C fan-forced. Grease and line loaf pan with baking paper.

2 Mash bananas in a large bowl with a fork until smooth.

3 Add eggs, oil, milk and vanilla and stir until combined. Sift flours, cinnamon, baking powder, bicarbonate and salt over banana mixture (tip in the flour kernels). Stir until combined.

4 Spoon into prepared pan and level top with a spatula.

5 Bake for 1 hour 10 minutes or until a skewer inserted in center comes out clean.

6 Stand in pan for 5 minutes. Transfer to a wire rack to cool. Serve.

Step 1



Step 2



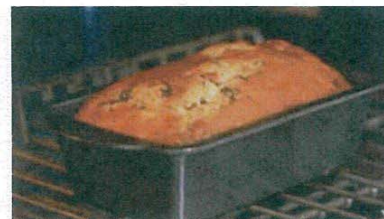
Step 3



Step 4



Step 5



Step 6





Custard Pudding



Ingredients:

- ½ cup reduced-fat milk
- 375ml tin light evaporated milk
- 2 tbsp custard powder
- ¼ cup caster sugar
- 1 tsp vanilla bean paste
- 1 1/3 cups frozen mixed berries, defrosted
- 1/3 cup reduced-fat Greek yoghurt

Equipment:

- Whisk
- Bowl
- Saucepan
- Hotplate
- Spoon
- Glasses or containers
- Fridge

How is your recipe healthy?

It uses fruit, reduced fat milk and Greek yoghurt which is a healthier option.

Food waste tips:

What doesn't get eaten you could use as leftovers.

Steps:

1. Whisk together the milk, evaporated milk, custard powder, sugar and vanilla paste in a bowl.
2. Pour into a saucepan and heat over a medium heat, stirring until thickened. Leave to cool, then gently stir through the yoghurt.
3. Divide three-quarters of the berries between the 6 glasses or containers. Evenly pour half the custard over each portion.
4. Add the remaining berries and top with the rest of the custard. Chill for at least an hour.

*Gluten free when using gluten free custard powder, vanilla and yoghurt





Potato Bake



Ingredients:

Sweet potatoes and normal potatoes
Shredded Cheese
Chives
Garlic
Olive oil
Sour cream
Parsley
Cream
Bacon rasher
Carrots
Zucchini

Equipment:

Big dish
Knife
Oven
Fork
Plate
Spatula
Measuring cups
Large pot

How is your recipe healthy?

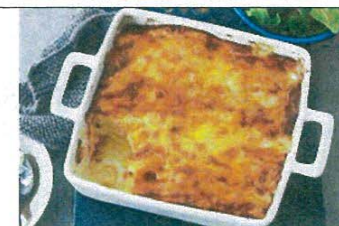
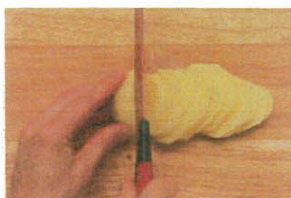
My recipe is healthy because it has lots of veggies in it.

Food waste tips:

You can put it in the fridge or freeze it and have it for left overs.

Steps:

1. Preheat the oven to 180c
2. In a large pot boil the potatoes for 10-15 minutes, or until soft (do not overcook)
3. While the potatoes are boiling put oil in the frying pan and cook the bacon until crispy. Remove from heat and set aside.
4. Put sliced potatoes, bacon, garlic, parsley, cream and sour cream and 1 cup of shredded cheese into a large mixing bowl and combine until the potatoes are covered.
5. Remove potato mixture from bowl and place in an ovenproof dish.
6. Add the remaining cheese to the top of the mixture and bake in the oven for 15 minutes, or until cheese is golden.
7. Add the remaining cheese to the top of the mixture and bake in the oven for 15 minutes, or until cheese is golden.





CAESAR SALAD



Ingredients:

- Lettuce
- Bacon
- Cheese
- Caesar dressing
- Stale bread
- Spring onion
- Olive oil

Equipment:

- Big Mixing Bowl
- Hot pan
- Spatula
- Pan
- Fork
- Toaster
- Knife
- Chopping board
- Grater

How is your recipe healthy?

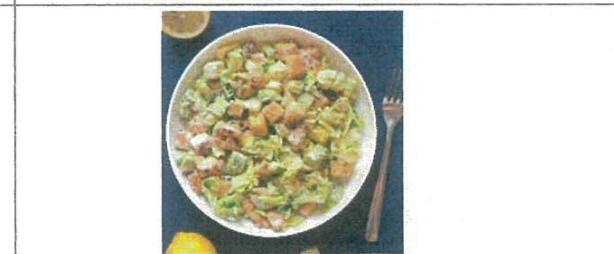
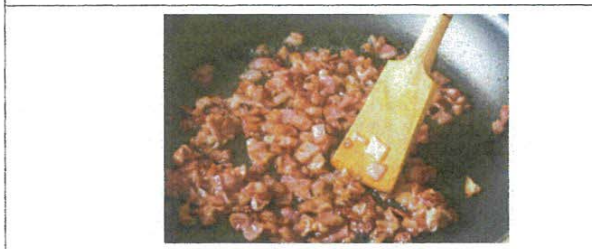
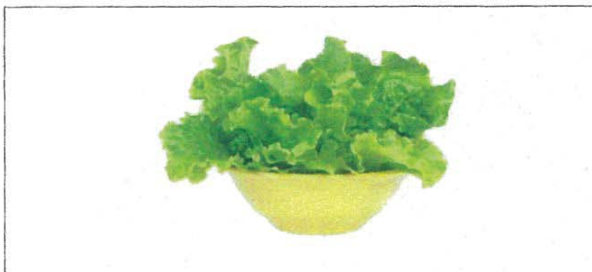
This recipe is healthy because it includes healthy lettuce.

Food waste tips:

This recipe include stale bread and stale bread usually gets thrown out it is now in a healthy salad.

Steps:

1. Get your lettuce and grab two big handfuls, chop into thick strips and place in bowl.
 2. Turn on your hot plate on low and put pan on top and drizzle olive oil on the bottom.
 3. Get four large strips of bacon, chop into rectangles and let it sizzle in pan.
 4. While your bacon is sizzling grab your grater and grate cheese into bowl with lettuce.
 5. Take bacon off the hot stove and scrap it into a plate with paper towel on the bottom, after cooled pour into bowl with other ingredient.
 6. Put salad aside and put two pieces of bread into toaster (if needed into pan)
 7. After bread is crisp and done chop into squares and put in bowl.
 8. MIX
- When ready to serve top with dressing!





Thermomix Tomato Sauce



Ingredients:

20g garlic
1tsp black peppercorns
200g onion cut in quarters
50g oil
1kg tomatoes cut in half
1tbl sugar
1tsp salt
1/2tsp all spice or Chinese5 spice
2tsp dried oregano

Equipment:

Thermomix
Spatula
Glass Jar

How is your recipe healthy?

It doesn't have as much sugar as bought sauce.

Food waste tips:

You can reduce anything you want to stop food going to waste.

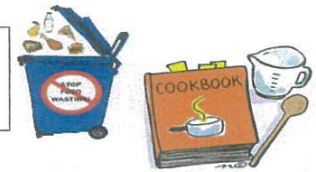
Steps:

1. Place the peppercorns and garlic in the TM bowl. Chop 3 sec/Speed 9.
2. Add onion to the garlic mixture. Chop 3 sec/Speed 7.
3. Scrape down the bowl.
4. Add oil to the TM Bowl. Sautee 5 min/Varoma/Speed 1.5.
5. Place the halved tomatoes in the TM bowl. Puree 20 sec/Speed 7.
6. Add sugar, salt, allspice and oregano to the tomato puree. Simmer 40 min/120 degree/Speed 1.5 (MC OUT). Add the strainer to the top of the lid to prevent splatters.
7. If you want to preserve the sauce add it to sterilized jars and place the topped jars in a large saucepan of boiling water. Allow the jars to boil for 2-3 minutes and then leave them to cool in the water. Once cooled the sauce will be vacuum sealed.





Spaghetti Bolognese



Ingredients:

- 450 grams of pasta
- 230 grams of tomato paste
- 2 tbs oil
- 450 grams of ground pork
- 1 grated carrot and 1 diced red pepper

Equipment:

- Olive oil
- Tongs
- Sauce pan
- Large pot
- Ladle

How is your recipe healthy?

It uses lot of different vegetables.

Food waste tips: You can take the leftovers to work or school for lunch.

Steps:

1. Boil Water start with a very large pot and add pasta.
2. Add salt, add 3 teaspoons of salt.
3. Defrost the pork mince in a frying pan.
4. Add pasta
5. Stir
6. Taste the pasta.
7. Add altogether.
8. Serve on a plate.





Pelmeni Dumplings



Ingredients:
3/4 tsp of salt
453g of ground turkey
453g of ground pork
1 medium onion finely sliced (diced)
1/2 tsp ground pepper
3 garlic cloves pressed
Ravioli pasta sheets

Equipment:

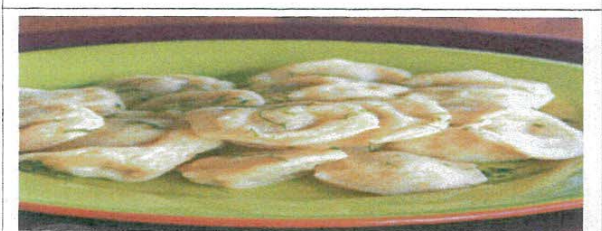
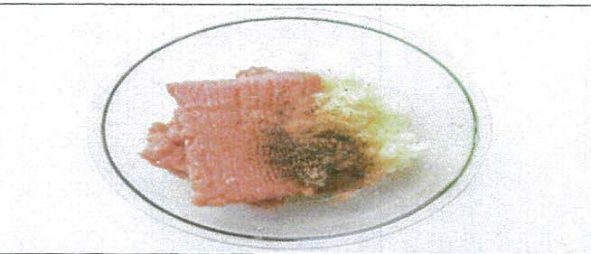
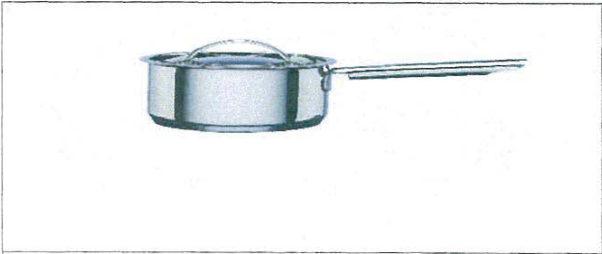
- A plate
- Stove
- Ravioli dumpling mold

How is your recipe healthy?
It doesn't include any sugar.

Food waste tips:
It uses leftover meat.

Steps:

1. Heat 1 tbsp oil in a medium skillet. Add onion and sauté until golden and soft.
2. Add garlic and sauté another minute.
3. Mix together pork, turkey, onion & garlic mix, 3/4 tsp salt, 1/2 tsp ground pepper and 1 tsp hot sauce.
4. Place ravioli pasta sheet in ravioli mould and put mix in.
5. Boil in saucepan until cooked.





HEALTHY CARROT CAKE



Ingredients:

- 1 tsp baking soda
- 1 tsp baking powder
- 2 cups flour
- 1tsp salt
- 4 eggs
- 1 ½ cups oil
- 2tsp vanilla extract
- 3 cups carrots 1 cup chopped nuts

Equipment:

- Mixing bowl
- Beater
- Oven
- Cake pan

How is your recipe healthy?

It has an alternative to sugar.

Food waste tips:

It stops carrots going to waste.

Steps:

1. Preheat the oven to 325.
Prep cake pan with non-stick.
2. Mix together baking soda, baking powder, flour and salt.
3. In a mixing bowl beat together eggs, oil.
4. Add the dry ingredient into the mixing bowl.
5. Next stir in the vanilla extract and the carrots by hand. Then fold in the chopped nuts
6. Place wet mixture into cake pan, Bake for 45 to 50 minutes.





Banana Mango Smoothie



Ingredients:
1 cup Frozen Bananas (cut up)
1 cup Frozen Mangoes (cut up)
1 cup Golden Circle Banana-Mango Nectar Juice

Equipment:

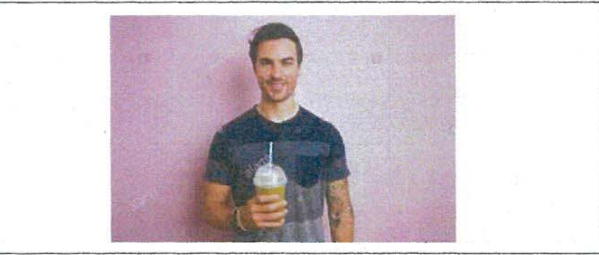
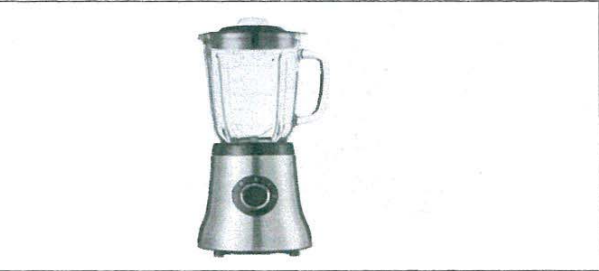
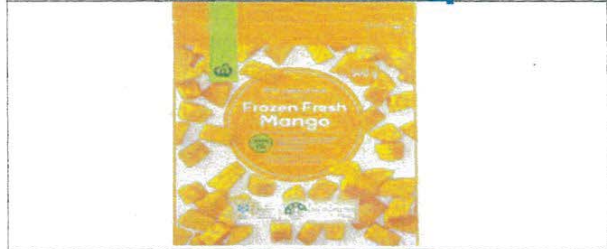
- Blender
- Smoothie Cup

How is your recipe healthy?
I use bananas and mangoes and juice. I use no unhealthy things.

Food waste tips:
If you are full and it is the last day until expiration or the fruit is going soft, freeze the bananas and mangoes then use them in a smoothie.

Steps:

1. Open the cut up frozen packs.
2. Pour the frozen packs.
3. Pour juice into blender.
4. Blend
5. Pour into cup
6. Enjoy :)





Banana Bread



Ingredients: Melted low-fat dairy spread, to grease
265g (1 3/4 cups) self-raising flour
40g (1/4 cup) plain flour
1 teaspoon ground cinnamon
140g (2/3 cup, firmly packed) brown sugar
2 over ripe medium bananas
2 eggs
125mls (1/2 cup) Skim Milk
50g Butter

Equipment:

- Loaf pan
- Baking paper
- Bowl
- Sifter
- Fork
- Spoon
- Wire rack

How is your recipe healthy?

It has got banana and nuts in it.

Food waste tips:

You can use bananas that are a bit soft instead of throwing them out.

Steps:

1. Preheat oven to 180°C. Brush an 11 x 21cm 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.
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.
3. Bake in preheated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean.
4. 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.





Simple Quick Snack



Ingredients:

- 1x slice of sour dough (about 1cm thick)
- 1x small hand full of spinach
- 1x tomato
- 1x drizzle of olive oil
- Salt and pepper

Equipment:

- Chopping board
- Knife
- plate

How is your recipe healthy?

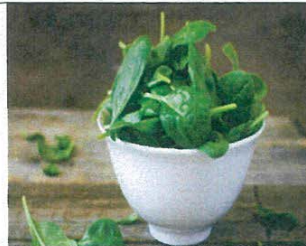
I am using tomatoes and spinach.

Food waste tips:

You can always use stale bread instead of sour dough.

Steps:

1. Cut your sour dough about 1cm thick.
2. Drizzle your olive oil evenly over the sour dough.
3. Grab a small hand full of spinach and arrange on sour dough.
4. Cut your tomato into small cubes and sprinkle on top of spinach.
5. Season with salt and pepper.
6. Now all you have to do is enjoy this simple dish and think about how you are saving food.





Breakfast Muffins



Ingredients:

- 12 eggs
- 1/2 capsicum deseeded and diced
- 2 spring onions finely sliced
- 12 cherry tomatoes, cut in half
- 1 handful of baby spinach chopped
- 1/2 cup reduced fat cheddar cheese grated
- Salt and pepper

Equipment:

- *Preheated oven 180 degrees
- *Large muffin cases
- *Muffin tray
- *Table spoon
- *Wire rack
- *Metal bowl

How is your recipe healthy?

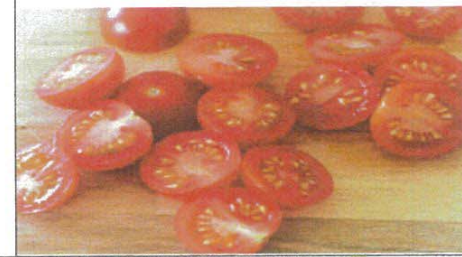
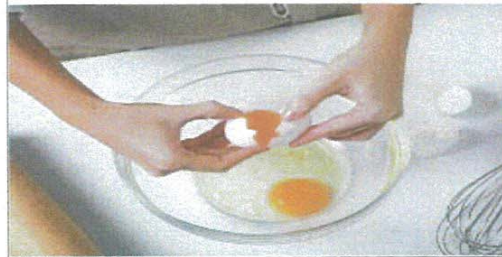
It has veggies and reduced fat cheese and eggs.

Food waste tips:

You use fresh food before it goes off and they can be used as leftovers or as a healthy breakfast on the run.

Steps:

1. Put 12 cracked eggs in the bowl.
2. Deseed and dice half of capsicum.
3. Finely slice 2 spring onions.
4. Cut twelve cherry tomatoes in half.
5. 1 handful of baby spinach (chopped)
6. 1/2 a cup of reduced fat cheddar cheese grated.
7. Add salt and pepper
8. Mix all ingredients in the bowl.
9. Pour into muffin tin
10. Bake in the oven on 180 degrees (preheated) for 5-10 mins.





Veggie Potato Cakes



Ingredients

- 1 Sweet Potato
- 1 Zucchini
- 1 Carrot
- 1 Potato
- 1 cup (all purpose) plain flour
- A pinch of salt and pepper for seasoning
- 1 cup vegetable oil
- 2 eggs
- tomato sauce or grated cheese for topping (optional)

Equipment

- Frying Pan
- Whisk
- Wooden Spoon
- Mixing Bowl
- Small Bowl
- Grater
- Spatula
- Plates

How is your recipe healthy?

My recipe is healthy because I used a large variety of vegetables.

Food waste tips:

You can always eat it if there are left overs the next day so you don't waste it and you can use leftover vegetables.

Steps:

- 1 Grate the potato, carrot, zucchini and sweet potato.
- 2 Warm up vegetable oil in frying pan on low.
- 3 Squeeze out the juice of the grated potatoes in paper towel.
- 4 In another bowl whisk eggs until lightly beaten.
- 5 Place flour in the same bowl with the grated vegetables.
- 6 Mix the flour, eggs, veggies and potato together.
- 7 Season the mixture with salt and pepper.
- 8 Put 2 tablespoons of the mixture into the frying pan cook until golden.
- 9 Move it onto the plate and grate cheese on top or tomato sauce(optional).



Chicken Cacciatore



Ingredients:

- Olive oil spray
- 6 chicken thighs, bone-in, skin removed, trimmed of fat
- 1 kg baby potatoes, quartered
- 2 cloves garlic, crushed
- 1 brown onion, diced
- 1 red capsicum, deseeded & diced
- 2 carrots, peeled & diced
- 2 celery sticks, diced
- 1 tsp dried basil or oregano
- 200ml reduced-salt chicken stock
- 400g jar tomato pasta
- 1 400g tin crushed tomatoes
- 2 tbsp. tomato paste
- ½ cup Kalamata olives, pitted
- 1 cup mushrooms, sliced
- ¼ cup fresh basil, picked

Equipment:

- Slow cooker
- Large non – stick fry pan
- A bowl

How is your recipe healthy?

It has veggies in it.

Food waste tips:

Save left overs for later dishes.



Steps:

1. Heat a large non-stick frypan over medium-high heat.
2. Spray with olive oil and cook the chicken in batches until golden brown on all sides.
3. Add the potatoes to the slow cooker.
4. Place the chicken on top and add the rest of the ingredients (except the olives & mushrooms) and stir.
5. Cover and cook on high for 4 hours, or low for 8 hours.
6. Half an hour before serving, add the olives and mushrooms.
7. Serve topped with fresh basil and with steamed green vegetables.

