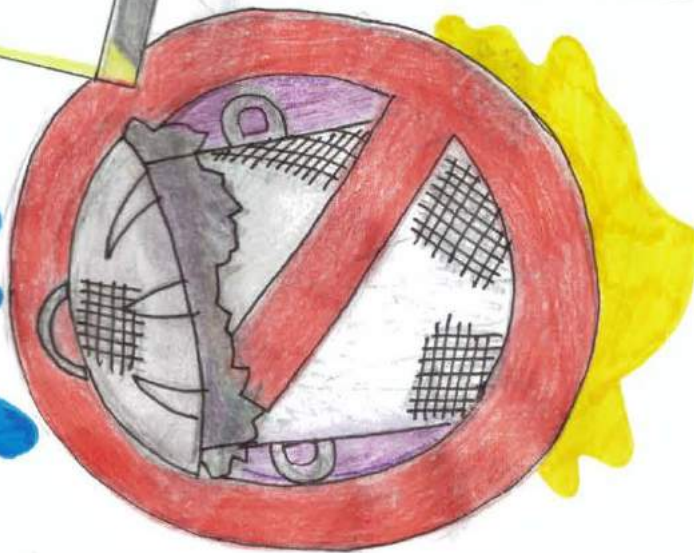
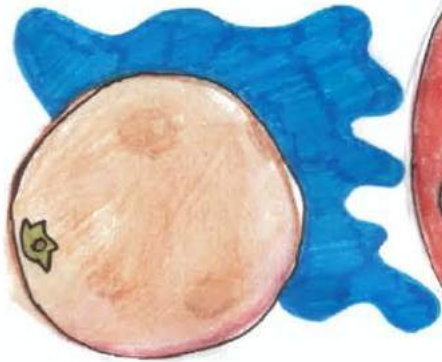
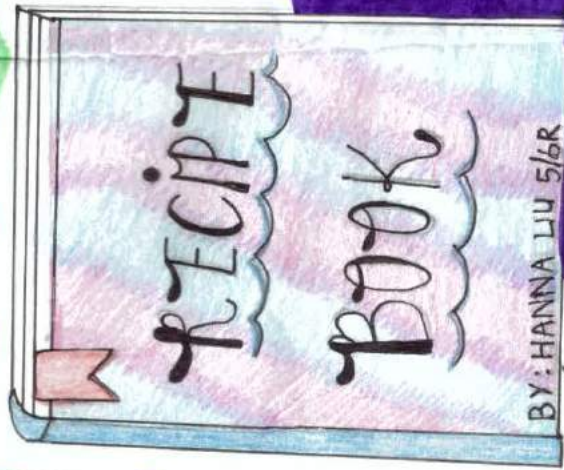
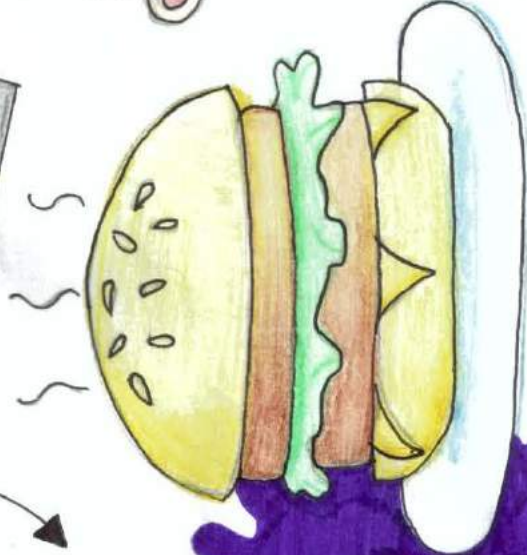
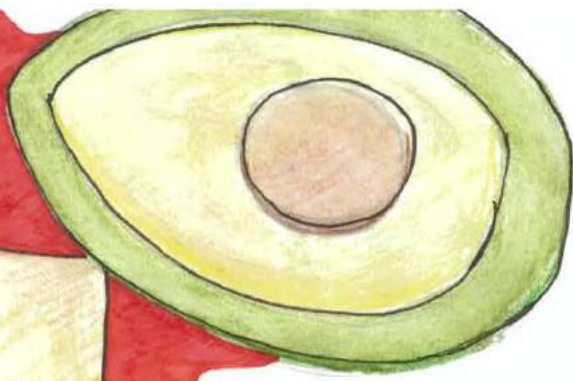
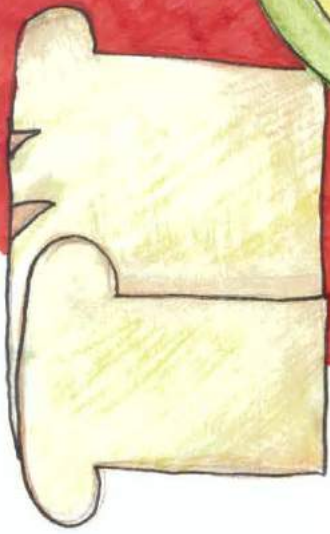
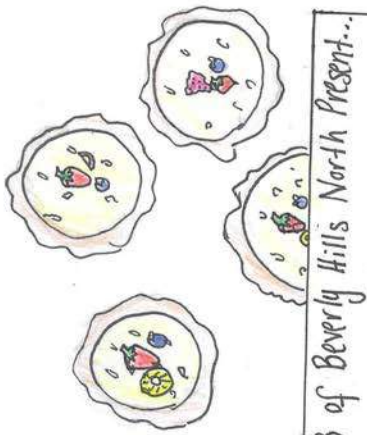
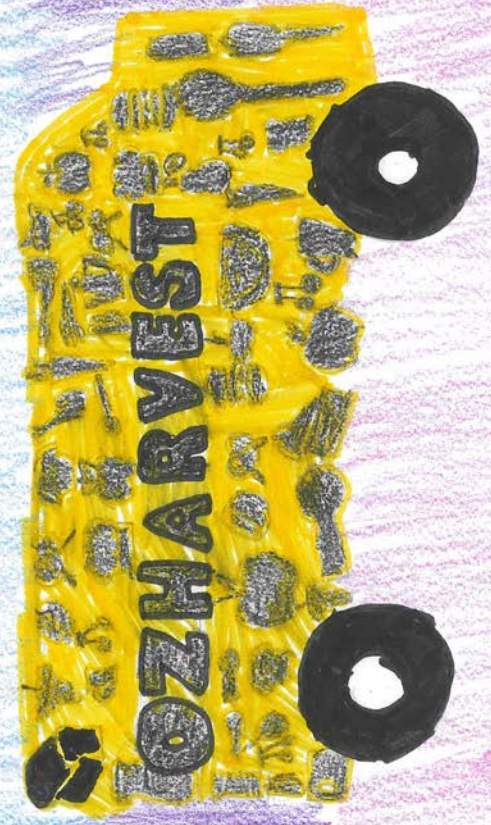


BHAN'S



SPECIAL THANKS
To: OzHarvest

Oz Harvest Beverly Hills North Public School 2018



The Stage 3 of Beverly Hills North Present...

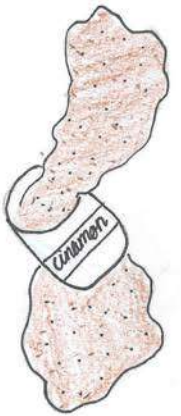
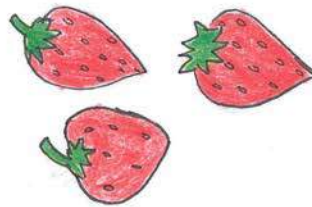
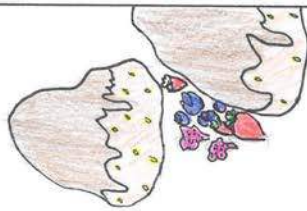
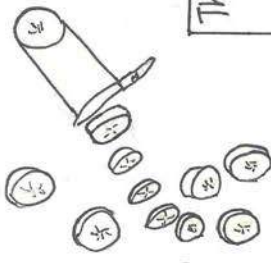
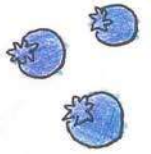
eat well,

live well

COOKBOOK

A PROJECT LAUNCHED BY OZHARVEST TO
EDUCATE YEARS 5 & 6 ABOUT FOOD
WASTE & HEALTHY EATING.

2018



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OzHarvest FEAST program

In term 3, Stage 3 students at Beverly Hills North PS has the opportunity to work with Australia's leading food rescue organisation, OzHarvest, on a pilot project called FEAST (Food Education & Sustainability Training).

This involved students learning about food waste, where food comes, nutrition and ways of reducing food waste. It also involved students in a number of practical cooking sessions where all students followed a recipe to make delicious meals that are both healthy and help address aspects of food waste by using ingredients that are often thrown out.

Students at Beverly Hills North were fortunate enough to be able to utilise the school's food garden and use much of its produce to use in the cooking sessions.

Students then developed their own recipes, using their knowledge of food waste and how to reduce it, as well as some of the skills and knowledge learnt in the practical sessions. This recipe book is a collection of recipes written and developed by students.



Acknowledgements

A project like this does not happen without the generous support of organisations and individuals. We would like to firstly thank OzHarvest for selecting us to pilot the FEAST program. In particular we would like to thank Amelia Berner, who has guided us through the process of implementing the program, and OzHarvest staff and volunteers, Doug, Rebecca and Courtney for their amazing help in running the practical cooking sessions.

The practical cooking sessions would also not have been possible without the support of our parent volunteers who gave up their time to help us. A huge thanks to our parent volunteers, Mr Spence, Mrs Henderson, Mrs Campbell, Mrs Kamberovic, Mrs Stone, Mrs Nguyen.



Another huge thanks goes to Vimla Hayman for her support and guidance in implementing the practical cooking sessions.

A very special BHN thanks goes to Mr Barclay who was the driving force and key organiser of the project. His passion for our garden, sustainability and healthy eating made all of this possible.

Last but not least, our wonderful students who have amazed us with their enthusiasm, their dedication to the cause of reducing food waste, their imaginations and their dedication to create a cookbook that the community can use.

Food waste - why is it a problem?

What is Food Waste?

Food waste occurs when food that could have been eaten is wasted or thrown away. Sadly, precious food is wasted everyday along the whole food supply chain - from when its grown, during transportation, in the packaging and manufacturing process, at the supermarkets, and above all, in our homes.

Globally

Food waste is a problem around the globe in many different ways, some leading in thousands of people dying, others leading to what could become global extinction. **1.3 billion tons of food is lost or wasted** in the world. This is equal to **\$940 billion**. This amount of wasted food can be fed to the **870 million hungry people**.

Australia

In Australia, food waste costs **\$20 billion a year**. This is equivalent to **5 million tons of food in landfill**. Food waste in Australia is a huge waste of resources, energy, land, water and money. In today's society food waste is no longer valued in the way it use to be. With relatively low prices and in constant supply, people have lost the connection to where food comes from.

At Home

We waste food at home because we forget about it in the fridge, buying constantly, cooking too much, letting it go past its use by date and not storing it properly. Research shows that around a **third of the household bin is wasted food** and **1 in 5 shopping bags end up in the bin**, costing families thousands of dollars every year.

Beverly Hills North Public school and OzHarvest are determined to change this and want to help consumers avoid food waste at home by getting into some good food saving habits. It's time to stop talking about it and take action.



This picture shows what \$20 billion of food waste would look like in Sydney Harbour

By Christian, Aidan, Gabriel, Jason, Brendan

Where Food Comes From

Have you ever wondered where the food you eat comes from?

The food we eat uses lots of resources and if you waste food, all of that goes down the drain. Many foods are imported from different countries into Australia. For example, if you buy grapes in winter, they have more than likely been grown in USA where they are in season.

Food often takes a long journey to get to us and isn't as fresh as you think it would be.

The life of a strawberry would be a good example of this process.

It starts at the farm, where it is watered and then handpicked (Which is why they are so expensive). Then, the strawberries are put onto a truck and transported to a factory. The strawberries get packaged and are transported to a store, or sometimes overseas. Then the strawberries are bought and either eaten or thrown out because they go bad.

If we throw out food, we throw out all of the resources that were used to grow, pick, transport, package and store that food.



Noor and Amanda

WHAT CAN YOU DO?

Food waste occurs at various phases at home, it's not just about throwing it in the bin! You can be part of the solution and prevent food waste happening when you **LOOK. BUY. STORE. COOK.**



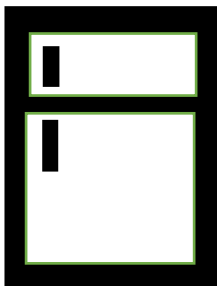
#1 LOOK

- at what food you have
- check use-by dates
- look at your week and plan meals



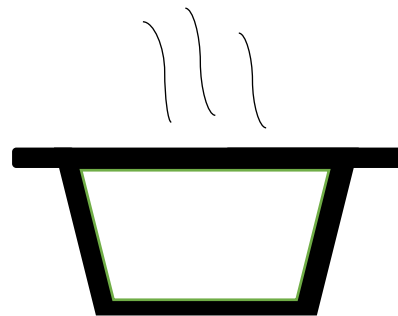
#2 BUY

- What you need
- Shop with a list
- beware of unnecessary offers



#3 STORE

- Food in airtight containers
- Keep fruit and veg in fridge
- Freeze food near its use-by date



#4 COOK

- With what you have
- Use ingredients up
- Eat and love your leftovers!

A - Z OF FOOD SAVING TIPS



pples are best stored in the fridge. Cut out any bruises and if you have too many, make a delicious crumble or bake them.



read is the most wasted food in Australia, so only buy what you need and use straight from the freezer. Toast from frozen or for sandwiches leave for 10 minutes to defrost, whizz into breadcrumbs if hard or a bit stale.



arrots should be stored in original packaging in the fridge and can be revived by trimming and placing in a glass of water until crisp.



on't worry if your fridge looks a little bare. Shop smaller and more often to avoid waste and use everything before you fill it up again to save food, time and money.



ggs are best stored in the fridge. To check for freshness place in a bowl of cold water: fresh eggs will sink, if it floats don't eat it!



reezing food near its use by date is a great way to save food. Cook from the freezer at least once a week and use up frozen food within six months.



et creative with leftovers and food that needs using up. Google ingredients and see what recipes come up or just experiment with your own ideas. Share your food saving creations with friends and family.



am and other sliced meat should be sealed tightly in original packaging. If near use by date, add to an omelette or frittata, or slice/dice before freezing to use another time.



f you want to reduce food waste at home, plan your meals for the week, check what's in your fridge before shopping, write a list and stick to it! Don't be tempted by multi-buy offers.



uice or blend overripe fruit into smoothies and enjoy or freeze for another day.



Keep fruit fresher for longer by storing in the fridge (except bananas and pineapple which should be kept separately to avoid overripening other fruits).



ettuce will last longer in an airtight container, layered with a paper towel. Limp lettuce (plus any other greens) can be sautéed with onion, herbs and stock (throw in some frozen peas) then whizz up in the blender for Ronni Kahn's Rescue Soup!



ilk is one of the most wasted items. When near its use by date, freeze it. To defrost, place in fridge and give a little shake.



Nourishing Our Country

A - Z OF FOOD SAVING TIPS



Never waste food that could be eaten. Cook it, store it, share it . . . just don't throw it away.



Onions last longer when stored in a cool dark place. Slice and dice, place in a bag and freeze – use straight from frozen in stir-fries, bolognese and curries to save time and tears!



Potatoes are best stored in a cool, dark place. Simply cut off any sprouts or bruises and use as normal, they last for ages and rarely need to be thrown away.



Quiches area fantastic way to use up forgotten fridge foods. You can add pretty much anything, including potatoes, carrots and zucchinis.



Raspberries should be stored in the fridge or freezer in original container and only washed just before eating.



Soup is the perfect way to use up all the wilting veggies at the bottom of the fridge. Add veggies to onions, herbs, spices, lentils along with stock and seasoning. Enjoy for lunch or freeze it for another day.



Tomatoes of any shape or size make a great pasta sauce, or can be added to chilli, curry, tomato soup or salsa. Store in the fridge to keep for longer.



Understand food labels. Food passed its best before date can still be eaten. Use by dates refer to food safety. Check what's in your fridge and the dates regularly. Eat food near the use by date, or freeze before it expires.



Vegetables do not always need peeling, try scrubbing instead and cook in the normal way - much more nutritious and less waste in the bin! Save onion skin and veggie ends in the freezer for home-made stock.



Wine isn't often left over. If it is, use for cooking or freeze in ice-cube trays to add to sauces at a later date.



X is eXtremely hard to write a fact for!



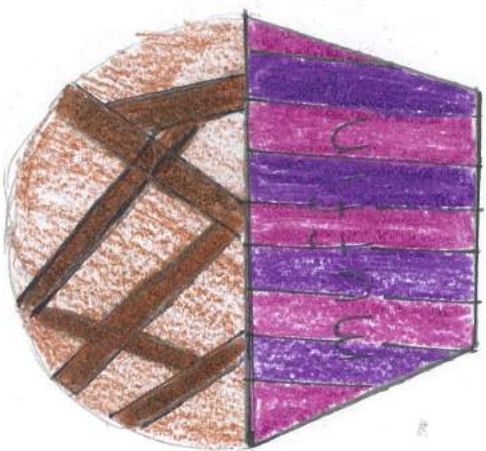
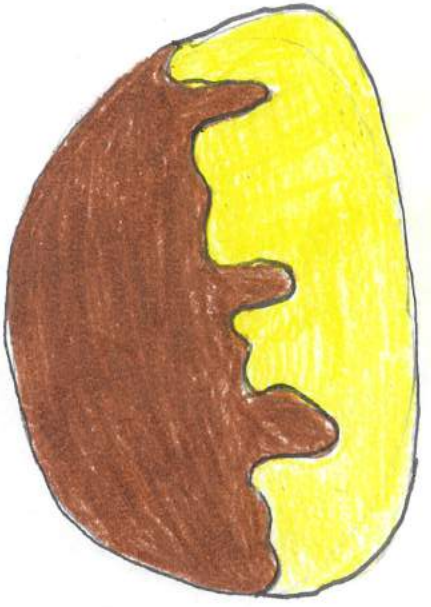
Yoghurt can be mixed with overripe fruit, poured into ice block moulds with an ice block stick and frozen for a refreshing treat. If close to expiry date, add to smoothies or cakes.



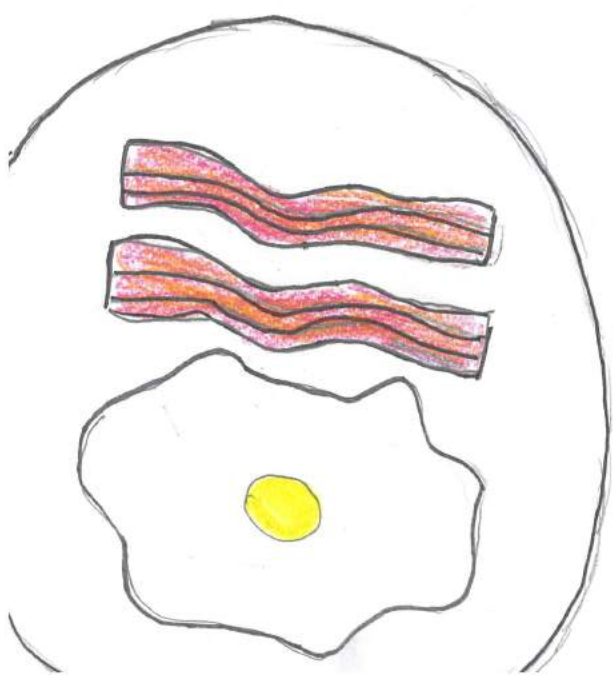
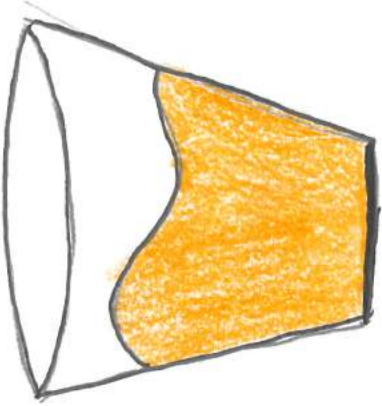
Zucchini is delicious when grated into pasta dishes, curries or stews. Store in the fridge in its original packaging.

BE PART OF THE SOLUTION

For more food saving tips and recipes, visit www.ozharvest.org



breakfast



BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK

RECIPE NAME

Apple Pancakes

CREATED BY

Amanda, Shaelyn, Zuhail and Noor

Prep time

5mins

Cook time

15mins

Serves

4

INGREDIENTS

-1 apple
- butter or margarine
- 2 cups of self-raising flour
- 2 eggs
- 2 cups of milk
- 1 banana
-berries -cinnamon sugar
Optional: berries, cinnamon sugar

EQUIPMENT

-grater -pan
-bowl -stove
-whisk -chopping board
-spatula
-spoon/ladle
-knife

PROCEDURE

1. Put 2 cups of self raising flour in a bowl



3. Melt a tbsp of butter and pour into bowl



5. Mix all the ingredients until well combined



7. Cook mixture until bubbles appear and it looks dry



9. When finished cooking, place pancakes on a plate



2. Crack 2 eggs and pour 2 cups of milk into the bowl



4. Grate 1 apple and mix into the batter



6. Put a ladle of mixture on medium heat pan



8. Flip pancake



10. Add toppings (We recommend bananas, berries and cinnamon *sugar*)

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Apples can be substituted with other fruits like brown mushy pears.
Over ripe bananas can be a substitute for eggs to bind the mixture together.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK



RECIPE NAME

Banana Pancakes

CREATED BY

Aidan, Jason, Christian, Brendan, Gabriel

Prep time

10 min

Cook time

5 min

Serves

4

INGREDIENTS

- 1 cup self raising flour
- 1 cup milk
- 2 tablespoons sugar
- 1-2 mashed bananas
- 1 teaspoon vanilla essence
- 1 egg
- Teaspoon oil
- Cut berries
- Greek yogurt

EQUIPMENT

- Big bowl
- Tablespoon
- Teaspoon
- Measuring cup
- Wooden spoon
- Frying pan
- Spatula
- Fork
- Knife
- Small bowl

PROCEDURE

1. Turn stove onto medium and place pan on top of stove and add butter/oil to pan



2. Mash bananas in a small bowl. set aside



3. Mix flour, egg, sugar, vanilla essence & mashed banana in large bowl



4. Pour some of the mixture into the pan.



5. Wait until bubbles appear on the top of the pancake.

6. Keep checking the bottom of the pancake until golden brown. Flip & repeat. Do the same with the rest of the mixture



7. Once all pancakes are cooked, serve with cut berries and Greek yogurt (optional)



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

- Bananas are one of the most wasted food, if bananas are darker they are better for this recipe. however they can also be used in cakes, smoothies or ice cream
- Berries, milk and yogurt are just some of the most wasted foods and these are involved in our recipe

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK

RECIPE NAME
fruity Porridge

CREATED BY
Ayman, Hamzah, Benjamin & Hayden

Prep time
8 min

Cook time
15 min

Serves
5

INGREDIENTS

- 2 cups of oats
- 1 1/2 tablespoons cinnamon
- 3 tablespoons organic honey
- 2 bananas sliced for serving
- half a punnet cut strawberries
- half a punnet cut blueberries
- full cream milk 3 cups

EQUIPMENT

- medium size mixing bowl, pot
- knife
- big mixing spoons
- measuring spoons
- measuring cups
- chopping board
- stove-top

PROCEDURE

1  Mix oats, honey and milk together in mixing bowl.

2  Place mixture into pot on medium heat constantly stir until oats starts making bubbles.

3  Place oats evenly into five separate bowls

4  Cut & serve fruits with the porridge

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

- Bananas are the [one of the] most wasted food in Australia, in this dish you can have it no matter how ripe or black the banana
- Oats are extremely healthy and to make it even better adding bananas, blueberries or/and strawberries with a delicious honey sweetener you will be encouraged to eat healthy more.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK



RECIPE NAME

CocoNana Berry Bread

CREATED BY

Ayah Jessica, Kaisa, Zahra

Prep time

5 min

Cook time

10 min

Serves

2

INGREDIENTS

Coconut flakes (4-8 tsp) • Mashed Bananas (2)
Apples (2) • Wholemeal Bread (4)
Cinnamon (2 tsp) • Berries (10)

EQUIPMENT

fork - Bowl - measuring cups - Knife -
Butter Knife

PROCEDURE

Step 1:

Mash bananas in a large bowl with a fork



Step 2:

Spread mashed bananas on whole meal bread with the butter knife.



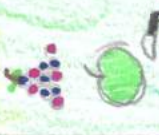
Step 3:

Sprinkle cinnamon and coconut flakes on top.



Step 4:

Wash berries and apples and put them on the bread. - apples are for decoration you can eat them separately if you want to



-Tummy Yummy



ENJOY!

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

- Bananas and bread are one of the most wasted foods
- Instead of butter we used mashed bananas which is a healthier option.

BEVERLY HILLS NORTH PUBLIC SCHOOL

FOOD WASTE RECIPE BOOK



RECIPE NAME

Sizzling Surprise Toast

CREATED BY

Hanna, AK, John, Benson, Jayda

Prep time

5

Cook time

10

Serves

1

INGREDIENTS

- Two slices of bread
- One avocado
- One egg
- Butter

EQUIPMENT

- Pan
- Stove
- Spatula
- Circular cookie cutter

PROCEDURE

1. Prepare the bread slices by cutting a circle in the middle of them using the cookie cutter.



3. Next, put one piece of bread at a time into the pan and fry it slightly in the butter. Repeat this for the other bread.



5. Cook the egg (while inside the bread). Make sure the egg is cooked, but is still a little runny.



2. Set the stove to medium heat and melt some butter in the pan.



4. Crack the egg (with the yolk) in the centre of the pieces of the bread.



6. After that, place the other slice of bread (with no egg) on a plate & spread avocado on it. Close it up like a sandwich. When you cut into the sandwich there will be a surprise!



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This recipe uses up bread that is either stale, left in the freezer or just leftovers. Bread is one of the top most wasted foods.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK

RECIPE NAME

Breakie on-the-yo

CREATED BY

Lachlan, Zaynab, Iyana,
Natasha, Jordan.

Prep time

5-10
mins

Cook time

5 mins

Serves

1

INGREDIENTS

Greek yoghurt Muesli
strawberry honey (optional)
Banana
Kiwi (optional)

EQUIPMENT

utencils
chopping boards
knives
measuring spoons/cups
grater
bio-degradable cups

PROCEDURE

① Cut up bananas & strawberries 	② Mash up the strawberries till finely mashed. 	③ fill the bottom of the cup with yoghurt. 
④ Put kiwi and banana on top of yoghurt and make sure to not sink the banana. 	⑤ 3/4 of a measuring cup of muesli on top of banana and kiwi. 	⑥ Put another tablespoon of yoghurt. 
⑦ Put the special strawberry sauce with a little bit of banana. 	⑧ Put a special design on top (optional) 	⑨ Dizzle the honey on top. 

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Fruits - because they have been highly wasted or forgotten
Muesli - good for your diet
Greek yoghurt - it's good for you!

RECIPE NAME
COCONUT BERRY TOAST

CREATED BY

**HAILEY, NAOMI, KATHRYN, SCOTT
AND MANI**

Prep time	Cook time	Serves
10 <i>Minutes</i>	10 <i>Minutes</i>	5 <i>Serves</i>

INGREDIENTS

- 2 Eggs*
- 1 Cup of coconut milk*
- 1 Slice of butter*
- Cinnamon sugar*
- Berries*
- Coconut shavings*

EQUIPMENT

- Bowl*
- Measuring spoons*
- Knife*
- Frying pan*
- Spatula*

1. In a bowl mix eggs and milk.
2. Heat the butter in the frying pan to medium heat
3. Dip the breads in the mixture
4. Place the breads in the mixture.
5. Flip them over when they are golden brown
6. Place them all in a plate then decorate the toast with toppings.
7. Eat and enjoy your food!!



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Bread is the most wasted food in Australia.
Fruits are a part of healthy eating because
it has a lot of minerals and vitamins



BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK



RECIPE NAME Mango Kulfi	
CREATED BY Zain, Zayn, Marques, Taher, Haisam, Hassan + David	
Prep time 20 mins	Cook time 8 hrs
Serves 5	
INGREDIENTS 150ml evaporated milk 150ml condensed milk 225ml whipped cream 2 slices of torn white bread EQUIPMENT $\frac{1}{4}$ teaspoon cardamom	
Blender, Bowl, Spoons	

PROCEDURE

Step 1:

Combine evaporated, condensed milk and whipped topping into a blender with pieces of bread until smooth add Mangopuree.

Step 2:

Pour mixture into a 22x33 cm baking dish, or two plastic ice cube trays, sprinkle with cardamom, then freeze 8hrs overnight.

[healthy tip - switch whipped cream with yoghurt]

Step 3:

Serve in your desired way, such as on a skewer stick, or serve stacked on top of each other.



(picture above is mango kulfi served w/ pistachios)

Have Fun!

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It addresses food waste by using bread, which if you didn't know is one of the world's most wasted food, and even better it uses fruit which is wasted every day. So Food Waste should be wasted.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK



RECIPE NAME

chia seed pudding

CREATED BY

lora, terry, ariana, alyssa

Prep time

10-15
minutes

Cook time

25-30
minutes

Serves

5 people

INGREDIENTS

-chia seeds
-coconut milk
-frozen raspberries
-frozen mangoes
-water (cold)
-hemp seeds
-maca powder (optional)
-mixed fruit (optional)
-honey (optional)
-sliced mangoes
-vanilla extract (optional)

EQUIPMENT

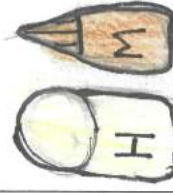
-electric blender
-bowl (big)
-wooden spoon
-measuring cups

PROCEDURE

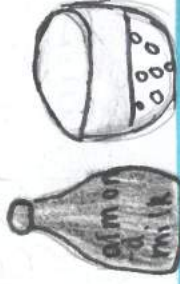
Step 1: Place 6 table spoons of chia seeds in a big mixing bowl.



Step 4: Add one table spoon of maple syrup, honey or sweetener



Step 2: Add 2 cups of unsweeten coconut or almond or cashew milk into the bowl.



Step 5: Add Blueberries, Strawberries for toping



Step 3: Add 1/2 of a teaspoon of vanilla extract to the bowl.



Step 6: Let it set for 30 mins in 100ml of water



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It helps food waste because it uses berries which are one of the most wasted foods in Australia.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK

RECIPE NAME

Fruitastic salad.

CREATED BY

Adam Spencer, Kyle Vincent

Prep time

10 min

Cook time

5 min

Serves

4-5

INGREDIENTS

watermelon
strawberries
banana
oranges
apples

EQUIPMENT

chopping board
Bowl
knife

PROCEDURE

1 chop up fruits



3 layer yogurt over fruit



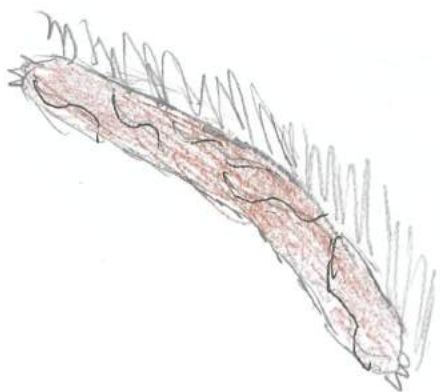
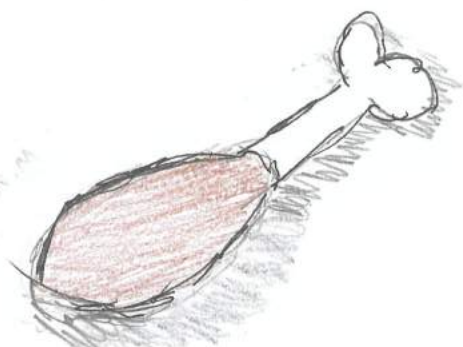
4. serve



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Because it's some of the commonly wasted foods.
It has fruits which have a lot of vitamins.
yogurt has a lot of calcium.

LINE



BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK



RECIPE NAME

Leftover Toasties

CREATED BY

Amelia, Maya, Mandi, Nour, Tara

Prep time

5min

Cook time

10min

Serves

5

INGREDIENTS

- 10 pieces of bread (number of bread depends on people, 2 per person)
- leftover melty cheese
- Spinach
- Tomatoes
- Butter

EQUIPMENT

- Knife
- Plate
- Sandwich Press
- Chopping Board
- Butter Knife

PROCEDURE

1. Cut your bread down and spread butter evenly.



2. Get your spinach and dice it, then get your tomatoes and chop them in thin slices.



3. Back to your bread, put your leftover cheese on the bread, following by the spinach and tomatoes.



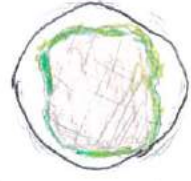
4. Once done step 3, place the other bread on top and create something that looks like a sandwich.



5. Heat the sandwich press and leave your leftover toasties there until fully cooked.



6. Once cooked, place nicely on a plate and enjoy.



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

The leftover toasties group found that bread, cheese, vegetables and fruit are wasted, so we created this tasty meal.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK

RECIPE NAME

★ Superb Gushin ~ ★

CREATED BY

Alesha, Shristi, Clarice, Amy & Noor B

Prep time

15 mins

Cook time

10 mins

Serves

5 people

INGREDIENTS

* left over sticky rice * soy sauce
* lettuce
* cucumbers
* carrots
* cooked salmon
* nori (seaweed)

Optionals:
Instead of salmon
you can add different
fish or some meat.

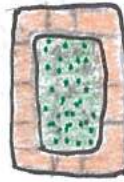
EQUIPMENT

* Bamboo mat
* knife & chopping board
* bowl
* spoon
* grater

PROCEDURE

STEP 1:

Put the nori on the bamboo mat.



STEP 2:

Place some rice on the nori.



STEP 3:

Chop up some lettuce and carrots. Add some cucumbers and place it onto the rice.



STEP 4:

Cook your salmon for 10 mins. Its optional if you want it raw. Place it in the sushi.



STEP 5:

Roll your sushi up and add some soy-sauce.



STEP 6:

ENJOY!



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This recipe addresses food waste and healthy eating as rice is one of the most wasted foods and it is very healthy for us. Lettuce, cucumbers and carrots are good for us as it can contain vitamins and calcium and sadly it is also one of the most wasted food on a daily basis. Meat, fish and salmon is also VERY healthy for us humans.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK



RECIPE NAME

Flaming Rocket Sliders

CREATED BY

Rianna, Laura, Crystal & Briana

Prep time

15

Cook time

10

Serves

5

INGREDIENTS

1. Shredded chicken
Schnitzel, tasty
cheese, lettuce &
white burger buns
Special ingredient:
CHILLI

2. crumb coated broccoli,
broccoli, spinach,
lettuce & tomato
cheese.
Special ingredient:
CHILLI

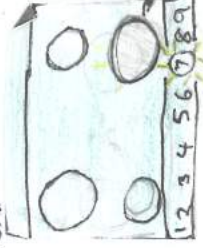
EQUIPMENT

- chopping board - paper towels - knife
- cooking oil spray - flip things - bowl
- masher - stove - pan

AND OF COURSE WE HAVE THE
CUTLERY: FORK, SPOON & KNIFE!

PROCEDURE

Step 1. Spray the pan that you are using and pre-heat the oven to seven.



Step 2. Shape your patty and soak your patty in melted butter so that the crumbs stick. (melt butter in microwave)



Step 3. Crumb your patty in bread crumbs that you can buy or make and place in the pan.



Step 4. Leave the patties sizzling aside and start assembling half of your slider. Tip: Don't put wet ingredients on the bun otherwise the bread will be soggy.



Step 5. Return back to your patty and check if they are ready. If so then flip.



Step 6. Once done place it on the bottom bun in the slider so that the other ingredients our burger holds together better. Tip: You will know when to flip your patties are done when the sizzle dies down look pretty & when the colour gets darker.

Step 7. Place the toothpick. Step 8. Wait for the fun part.....



Eat & Enjoy!

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

In our sliders we have ingredients like bagged lettuce, bread & meat which are part of the 5 most wasted foods. We also have all healthy things like vegetables & dairy. Don't forget the bread which is also very good for you. For the procedure the same goes for the vegetarian except, for the veggie patty you mush up the veges, shape it, butter it, crumb it and eat it. Remember to enjoy!!

BEVERLY HILLS NORTH PUBLIC SCHOOL

FOOD WASTE RECIPE BOOK



RECIPE NAME

Breadless - tacos

CREATED BY

Luca, Rohan, Hussain, Higazi

Prep time

5 min

Cook time

15 min

Serves

3

INGREDIENTS

bagged lettuce leaf, minced meat, 1 tin of butter beans, onion, capsicum, Avocado, tomato, olive oil

EQUIPMENT

knife, cutting board, measuring cup, stove

PROCEDURE

① Chop whole onion in pieces and cook for 5 min.	② Cut capsicum in quarters	③ Cut the avocado ^{Avocado} in pieces
④ Chop tomato into thin slices.	⑤ Chop mince meat and cook for 10 min.	⑥ Cut a piece of lettuce into a cup and add all ingredients

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It helps stop people from throwing bagged lettuce. Lettuce is good for you so more people eat it so it less food waste



BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK

RECIPE NAME

San Choy Parcels

CREATED BY

Ava, William, Daniella, Anthony

Prep time

15-20
mins

Cook time

50 mins

Serves

5

INGREDIENTS

- 10 lettuce leaves
- 500g chicken mince
- 1 carrot (grated/fine sliced)
- vegetable oil (1 tablespoon)
- 1 potato finely sliced
- 1 cup of rice
- 1/2 cup of corn kernels
- 1 finely sliced spring onion (24)
- 2 sliced beans

EQUIPMENT

- large bowl
- wooden spoon
- frying pan
- measuring jug
- string

PROCEDURE

Step 1 Sort potato and corn into a bowl and the carrot and beans into another.	Step 2 Put the frying pan on high heat and add oil to pan. Then add chicken and leave for 3-4 minutes, stirring the mince occasionally. Put mince aside to cool.	Step 3 Put carrots and beans into frying pan for 4 minutes. After it's done, transfer to mince bowl. Add potato and corn and cook for 10 minutes.
Step 4 Mix potato and corn, mince, carrots and beans and warm on low heat. Meanwhile, cook the rice. When the rice is done, mix it in with the mince mixture.	Step 5 Transfer mixture into lettuce cups and garnish with spring onion, then gently tie with string. ENJOY!!!	

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It addresses food waste and healthy eating because the recipe uses vegetables that are often end up in food waste. It also addresses food waste because we have added in some of the top 5 most wasted foods.

RECIPE NAME

Roast Potatoes

CREATED BY

Rayat, Hassan, Maui and Abdullah

Prep time

10 minutes

Cook time

30-40
minutes

Serves

5-6

INGREDIENTS

5-7 Potatoes
50ml olive oil
pinch of salt or pepper
lemon or anything you like

EQUIPMENT

Oven
bowl
knife
cooking tray
foil
brush

PROCEDURE

Step 1. Preheat the oven to 180 degrees

Step 2. Wash the potatoes

Step 3. Cut the potatoes into quarters, 5cm by 5cm

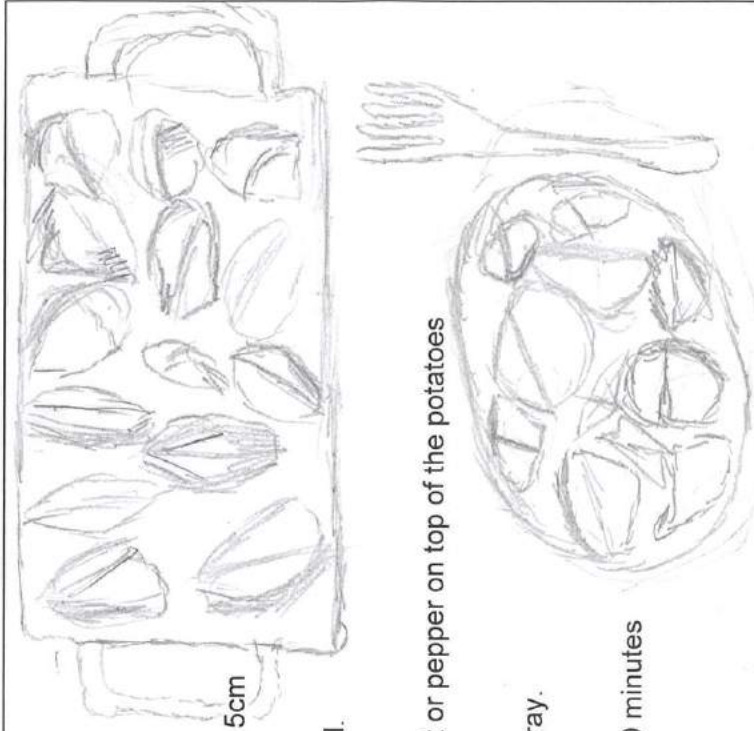
Step 4. Spray the cooking tray with cooking oil.

Step 5. Drizzle olive oil and sprinkle some salt or pepper on top of the potatoes

Step 6. Arrange the potatoes on the cooking tray.

Step 7. Wait for the potatoes to cook for 30-40 minutes

Step 8. ENJOY YOUR ROAST POTATOES



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Potatoes are healthy for you and its the third most wasted food on earth
To keep potatoes fresh store them in a dark cool room.
Potatoes skins are the most nutritious part of the potato and the yummiest.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK

RECIPE NAME

Julius Caesar Salad

CREATED BY

Anson, Oliver, Chelsea, Yara, Hassan

Prep time

25mins

Cook time

10mins

Serves

4

INGREDIENTS

★ 1 lemon ★ 4 tbsp of white vinegar
★ 4 thick slices of bread ★ 1/2 of yogurt
(cut into 3cm cubes) ★ 2tbsp of mayonnaise
★ 2 garlic cloves ★ 1tbsp of parmesan cheese
★ 2tbsp of Dijon mustard ★ 1 bag of chicken
★ 1 bag of vegetable chicken lettuce

EQUIPMENT

★ oven
★ bowls
★ knife
★ tablespoon
★ measuring cup

PROCEDURE

Step 1: Preheat the oven to 180°C

Step 2: Cut all your bread into 3cm cubes.

Step 3: Place bread cubes on a baking tray for ten minutes until golden.

Step 4: To make dressing add lemon, two mashed, 2tbsp of Dijon mustard, 1tbsp of white vinegar, 1/2 cup of yogurt, 2tbsp of mayonnaise and parmesan in a bowl and mix until combined.

Step 5: Place lettuce in a bowl with the leftover chicken and slowly add the dressing on.

Step 6: Enjoy!



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It uses three of the top 5 most wasted foods, bread, meat and bagged salad.

BEVERLY HILLS NORTH PUBLIC SCHOOL

FOOD WASTE RECIPE BOOK

RECIPE NAME

Groovy Greek Salad

CREATED BY

Fatima, Angelina, Jessica, Tahir, Zach

Prep time

5-10 mins

Cook time

0 mins

Serves

3-4

INGREDIENTS

Parsley - 1 bunch (picked and ready)
Feta cheese - 150 grams
Tomato - 0-2 whole (capsicum optional)
Cucumber - 1 whole
Red onion - 1 half
Olives - 10-15
Avocado - 1 whole

Dressing
Lemon - 1 whole
Olive Oil - 3 tbsps
Salt - 3 pinches
Oregano - 6 leaves

EQUIPMENT

- Big bowl
- Small bowl
- Mixing spoon
- Measuring spoons
- Cutting boards
- Knife

PROCEDURE

1. (Avocado & Capsicum optional)
2. Start by cutting up the tomatoes, olives, cucumber and onion into bite size.

3. Pour out vegetables into a big bowl.
4. Put the picked and ready parsley in the big bowl.

5. Pour all ingredients in small bowl.
6. After making dressing, pour the dressing into the salad.

7. Mixing
8. Cut the feta cheese into small pieces and then pour in bowl.

9. Mix it all up!
10. ENJOY!

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

- This recipe contains healthy foods and half of them get wasted on a regular bases. With the left over salad (if there is) you can give it to your child (if you have). If you don't have a child, you can eat it for dinner/lunch another day.



BEVERLY HILLS NORTH PUBLIC SCHOOL

FOOD WASTE RECIPE BOOK



FOOD EDUCATION AND
SUSTAINABILITY TRAINING

RECIPE NAME

Rainbow Potato Salad

CREATED BY

Admin:
Aminah, Lina, Peter, Liago, Isaac

Prep time

15 mins

Cook time

20-25 mins

Serves

5-7 people

INGREDIENTS

2 sweat potatoes
4 white potatoes
2 grated carrots
1 purple cabbage
Some chives, mint
2 cups of Greek yogurt
Black Olives
(Optional)

EQUIPMENT

Knife
Chopping board
2 bowls
1 pot
Spoon
Measuring cup

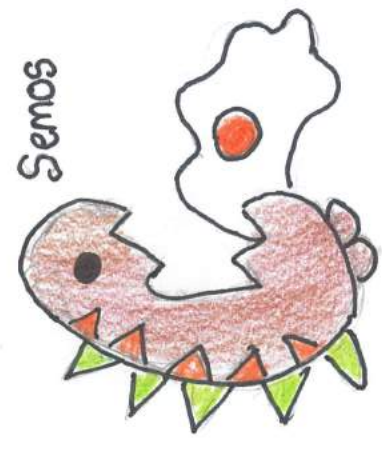
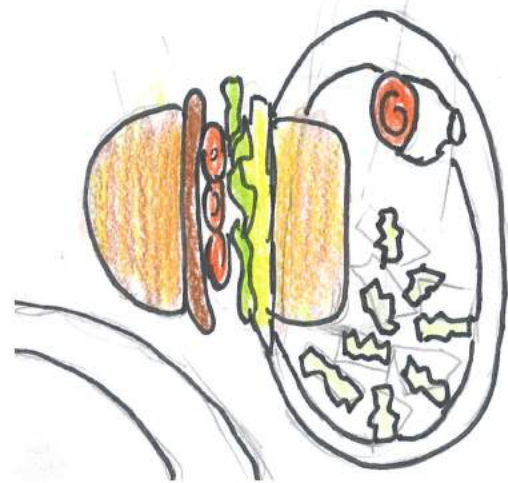
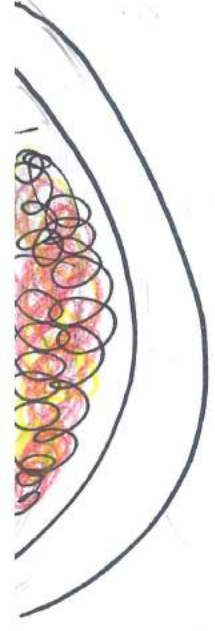
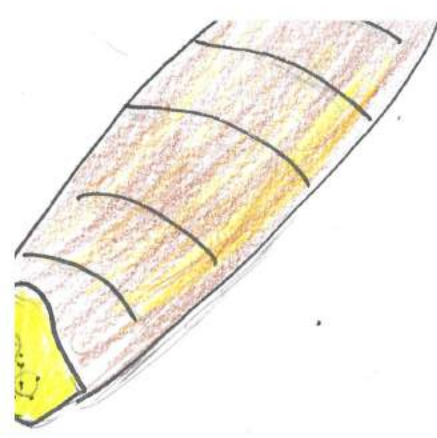
PROCEDURE

1. Wash the potatoes and veggies.
2. Chop up potatoes and create carrots/chop veggies.
3. Boil potatoes.
4. Put potatoes and veggies into bowl.
5. Add greek yogurt and herbs and mix.
6. Serve with dinner.



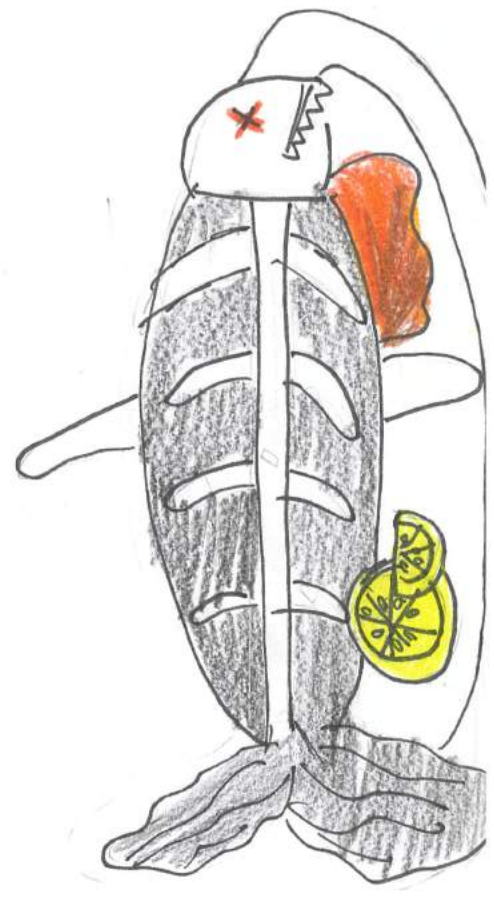
HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

The recipe addresses food waste and healthy eating because potatoes are one of the top five foods wasted.



Samos

DINNER



BEVERLY HILLS NORTH PUBLIC SCHOOL

FOOD WASTE RECIPE BOOK

RECIPE NAME

Mince Tacos

CREATED BY

Tahir Martin, Daniel Gonzalez, Reece Young,
Arick Zaman

Prep time

15min

Cook time

10-15min

Serves

8

INGREDIENTS

Taco Shells, Tomatoes, Jalapeños, Lettuce,
Grated Tasty Cheese, Mince, Avocado
Sauce: 400 grams of beef mince. [Halal], 1/2
brown onion diced, 1 clove of garlic minced, 1
jar of taco sauce {mild}, 2 Tb spoons of olive oil.

EQUIPMENT

Sharp Knife, Chopping Board, Bowls,
Plates, Frying Pan, Wooden Spoon

PROCEDURE

1. salad preparation:
shred lettuce dice tomatoes dice avocado, jalapeños
on serving plate arrange salad and cheese ingredients.
2. Put taco shells in oven for 5 minutes until they are warm
- Sauce preparation:
3 In frying pan heat oil. Add mince, garlic, onion and stir to combine.
4. Cook for 10 minutes or until brown.
5. Arrange tacos together with ingredients



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

- We used bagged lettuce because its one of the most wasted foods.
 - We have considered the amount of people we are serving and made sure we have not over ordered.
- Healthy: we have used a range of healthy salad ingredients like lettuce tomato and avocado.
you can also freeze mince

RECIPE NAME

Butternut Pumpkin Soup

CREATED BY

Mohsin Mehdi, Rafael Arsyad and William Giannakas

Prep time

15 minutes

Cook time

30 minutes

Serves

5

INGREDIENTS

1 clove of garlic 1/2 cup coconut milk
3 slices Lebanese bread 1/2 cup water
1 tablespoon chicken stock 1 butternut pumpkin
1 onion 1 sweet potato 1 chilli
1/2 tablespoon olive oil

EQUIPMENT

Bowl
Saucepan (large)
potato masher
Wooden Spoon
Chopping board

Knife
Measuring spoons

PROCEDURE

1. heat a large sauce pan with olive oil.
2. add diced pumpkin, sweet potato diced, onion and garlic, stir till golden brown [5min]
3. add water and chicken stock, stir through till combined. cover sauce pan with lid and leave on low heat till pumpkin and sweet potato is soft. stir occasionally (25min)
4. use a potato masher to make smooth.
5. add coconut milk
6. add toasted Lebanese bread and garnish with fresh coriander and sliced chili if you like a spicy option



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Our recipe contains pumpkin which is a healthy vegetable. We also picked olive oil as it is one of the healthiest oils. When cooking with the vegetables, we left the skin on when it can be eaten because it limits food waste. The vitamins of a vegetable are in the skin.

RECIPE NAME

Pineapple Pita Pizza

CREATED BY

Brody, Mansour, Mert, James and michael

Prep time

8 Mins

Cook time

10 Mins

Serves

4 people

INGREDIENTS

4 pitas
Enough mozzarella cheese and ham* to suit your taste
One can of sliced pineapple
BBQ or Tomato pizza sauce
*Substitute ham for something halal like mince meat or chicken

Equipment

Oven
Baking tray
Baking paper
Pizza cutter

PROCEDURE

Pre-Heat oven to 218 degrees celcius.

Place pitas on a baking tray underneath a baking sheet.

Layer pitas with the mozzarella, Ham (optional) and Pineapple.

Then add another layer of cheese on each (also optional)

Then bake each pizza for 10-12 minutes or until cheese is melted and pita bread has reached desired crispiness

Take pizzas out of oven once cooked and cut into quarters or sixths



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It uses meat and bread which are some of the most wasted foods on the planet.

It also has a serve of fruit which contains plenty of vitamins and minerals.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK

RECIPE NAME

Nacholada

CREATED BY

Branson, Ben, Kevin, Danny and Rathman

Prep time

5 mins

Cook time

20 mins

Serves

6(Depend
ing on
size)

INGREDIENTS

Wrap, Nacho, Salad, Sauce/salsa, (Halal)
Meat

EQUIPMENT

Cutting board, Plate, Microwave (or oven),
Mortar

PROCEDURE

1. Place the wrap on the plate
2. Add salad and flatten down on wrap
3. Chop (halal) meat and sprinkle on wrap
4. Crush nachos with mortar and sprinkle on wrap
5. Add cheese and cook in oven or microwave
6. Eat and Enjoy!!



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It addresses food waste by using old or new ingredients and also utilising the world wasted food in the world, Bread.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK



RECIPE NAME

Fish Burger

CREATED BY

James, Justin
Deeday, Domas, Farhan

Prep time

8

Cook time

10-15

Serves

4

INGREDIENTS

Bun, fish fillet, lettuce
tomato, tartare sauce,
Potato chips, oil, chicken
salt.

EQUIPMENT

knife, stove, frying pan,
chopping board,

PROCEDURE

1. cut vegetables and bread
2. cook the fish
for 10-15 mins

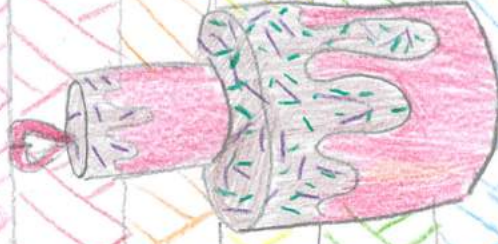


3. cook potato slices 4. Build burgers and plate
with oil in frying
pan.



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It has lettuce, vegetables and fruit,
which are all healthy and contains 4 out
of 5 of the most wasted foods.



BEVERLY HILLS NORTH PUBLIC SCHOOL

FOOD WASTE RECIPE BOOK



RECIPE NAME

Strawnana Pie

CREATED BY

Michelle, Stella, Aysha, Zahra

Prep time

5 minutes

Cook time

10-15 min

Serves

4

INGREDIENTS

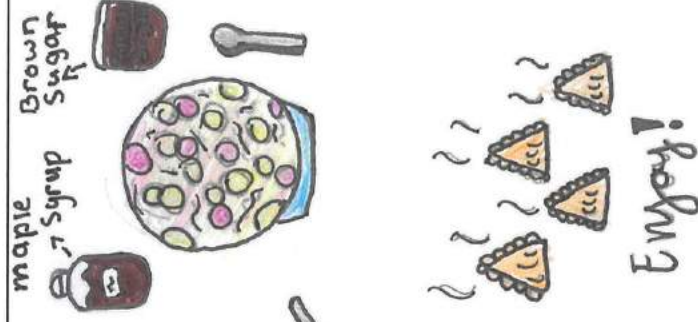
- 2 bananas
- 4 strawberries
- 3 tablespoons of brown sugar
- 2 tablespoons of maple syrup
- puff pastry
- 1 egg

EQUIPMENT

- fork
- oven
- tray
- spoon
- bowl
- knife
- cutting board
- measuring cups
- basting brush

PROCEDURE

1. slice strawberries and bananas into small pieces
2. put fruit slices into bowl with of brown sugar and maple syrup
3. mix it until all fruit is coated evenly
4. cut pastry into 4 even squares
5. put the filling in the middle of the square
6. fold the pastry diagonally so it looks like a triangle
7. press fork against the edges to seal the filling into a triangle
8. whisk egg and brush evenly on top of the pastry
9. put it in the oven for 5-10 minutes on 180 degrees, or until golden
10. get the pastry out of the oven and let it cool for 2-3 minutes and enjoy!



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

- this recipe address food waste by using bananas and strawberries that are commonly household wasted food
- eggs are really healthy for you that it contains fat, protein, vitamin D and calcium.

Fun fact : the scientific name for bananas is musa sapientum which means "fruit of the wise men"



BEVERLY HILLS NORTH PUBLIC SCHOOL

FOOD WASTE RECIPE BOOK



RECIPE NAME

Berrylicious Crumble

CREATED BY

Farah, Madiha and Maddison

Prep time

25 min

Cook time

20 min

Serves

5

INGREDIENTS

- 500g of mixed frozen berries
- 1 punnet of fresh strawberries
- 1-2 tablespoons of sugar
- 2 tablespoons of butter
- 2-3 large bread pieces
- 5x mint leaves
- a sprinkle of cinnamon

EQUIPMENT

- pie dish
- oven
- measuring cups
- food processor

PROCEDURE

1. Place frozen berries in a pie dish.
2. Place bread slices and butter together in a food processor.
3. Add cinnamon and sugar to the berries and stir till combined.
4. Cover berries with a layer of bread crumbs
5. Cook in hot oven at 180 degrees for 20 mins until crumbs look golden.
6. Serve hot with a fanned strawberry, dust with icing sugar and garnish with mint leaves.



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

We used bread in our recipe because it is the most wasted food.
We chose to use berries because they are full of protein, MINERALS and VITAMINS

RECIPE NAME

Better Banana Snolits

CREATED BY

Annabelle, Cui Shan, Bella, Erika, Safa!

Prep time

10

Cook time

15

Serves

6

INGREDIENTS

½ a cup of Vanilla (add more if wanted)
3 bananas
Sorted Berries (as much as needed)

EQUIPMENT

Measuring cups
Knives
Chopping Board
Spoons

PROCEDURE

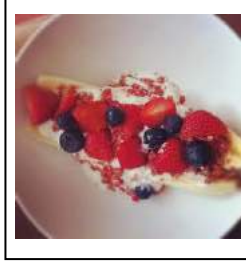
1. Get ½ a cup of Vanilla yoghurt (add more if wanted) and put in fridge.



2. Get your bananas, peel them and then quarters them



3. Take your yoghurt and scoop on, add your strawberry sauce and then put assorted berries.



4. **ENJOY!**

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This recipe includes bananas mixed berries and yoghurt which are healthy and which are three of the most wasted foods as well.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK

RECIPE NAME

Strawberry Sauce for Banana Splits

CREATED BY

Annabelle, Cui Shan, Erika, Safa, Bella

Prep time

5

Cook time

20

Serves

6

INGREDIENTS

1 cup of water
1 cup of coconut sugar
2 cups of quartered strawberries

Equipment

Measuring cup
Sauce pan
Stove
Refrigerator
Spoon

PROCEDURE

1. Combine water and 1 cup of coconut sugar in sauce pan over medium high heat



2. Stir till all sugar is dissolved



3. Add strawberries boil for 10 mins. Change heat to medium-low.



4. Simmer till strawberries are mushy & sauce is thick. Let it cool



How does the recipe address food waste and healthy eating?

It can be done with berries and other different fruits. Fruit are some of the most wasted food. They are also very healthy.

RECIPE NAME

IMPOSSIBLE PIE

CREATED BY

Moustapha, Connor, George, Jayden

Prep time

10 Mins

Cook time

50 Mins

Serves

6-8

INGREDIENTS

4 eggs
1 cup flour
½ cup melted butter
2 cups milk
1 cup dessicated coconut
1 cup sugar
1 teaspoon vanilla essence
Mixed berries and ice cream to serve

EQUIPMENT

1 large mixing bowl
Measurement cups
Microwave (for melting butter)
Oven
Tea spoon
Mixing spoon/whisk
Small bowl (for melting butter)
25 cm pie dish

PROCEDURE

Place milk, eggs, vanilla essence and melted butter in a bowl and mix together. Then add remaining ingredients gradually until combined. Place into a greased pie dish and cook in 180 C oven for 50 mins. Serve with mixed berries and ice cream.



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Use up milk and berries that are close to use by date.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK

RECIPE NAME

Chocbanana berry scones

CREATED BY

Winnie, Abeeha, Arusha, Ayah, Veronica

Prep time

15 mins

Cook time

20-25
mins

Serves

4-5

INGREDIENTS

- 1/2 cup self-raising flour - 1/4 berries (any type)
- 1/2 cup wholemeal flour - 1/4 dark chocolate
- 3 tsp low-fat melted butter - Boiling water
- 1/4 cup low fat milk (a pot to melt water)
- 1/3 cup diced bananas

EQUIPMENT

- Stand mixer (optional)
- Baking tray
- Measuring spoons & cups
- Oven
- Baking paper
- Chopping board & knife (to dice bananas)
- A normal spoon
- Large bowl
- Damp cloth or gladwrap
- Pot
- Fire or stove

PROCEDURE

Scones

- 1 Preheat oven to 180° Celsius
- 2 Mix the butter, flour & eggs in a large bowl
- 3 Dice the bananas
- 4 Pour in milk & mix well
- 5 Fold in berries & bananas
- 6 Cover with a damp cloth or gladwrap & rest for 10 mins.
- 7 Line baking tray
- 8 Place spoonfuls of dough around tray
- 9 Bake for 20-25 mins or until golden.
- 10 Pour glaze over scones & serve with side of berries
- 11 Enjoy!

Chocolate Glaze

- 1 Boil pot of water
- 2 Pour 1/4 cup of dark chocolate into metal bowl.
- 3 Melt over boiling water.



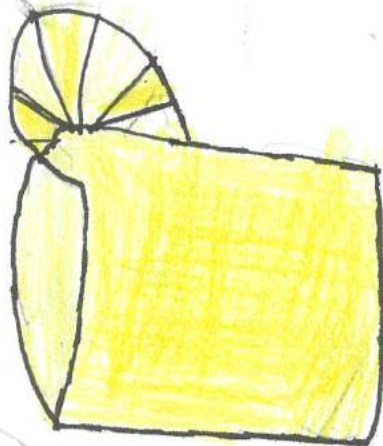
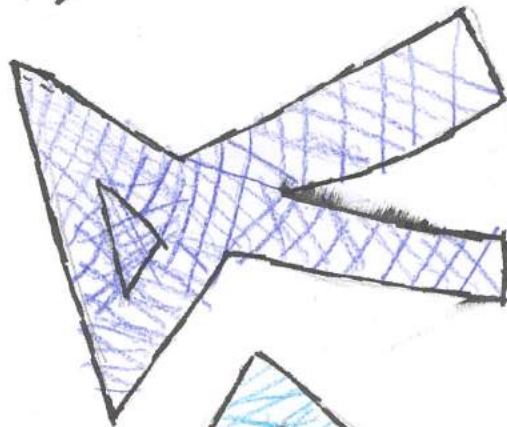
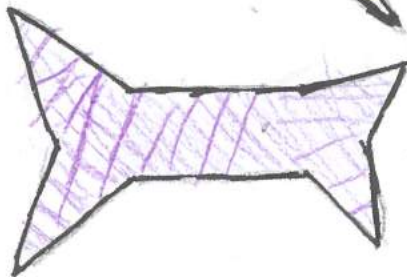
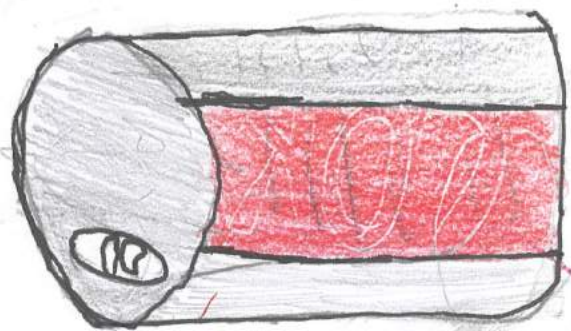
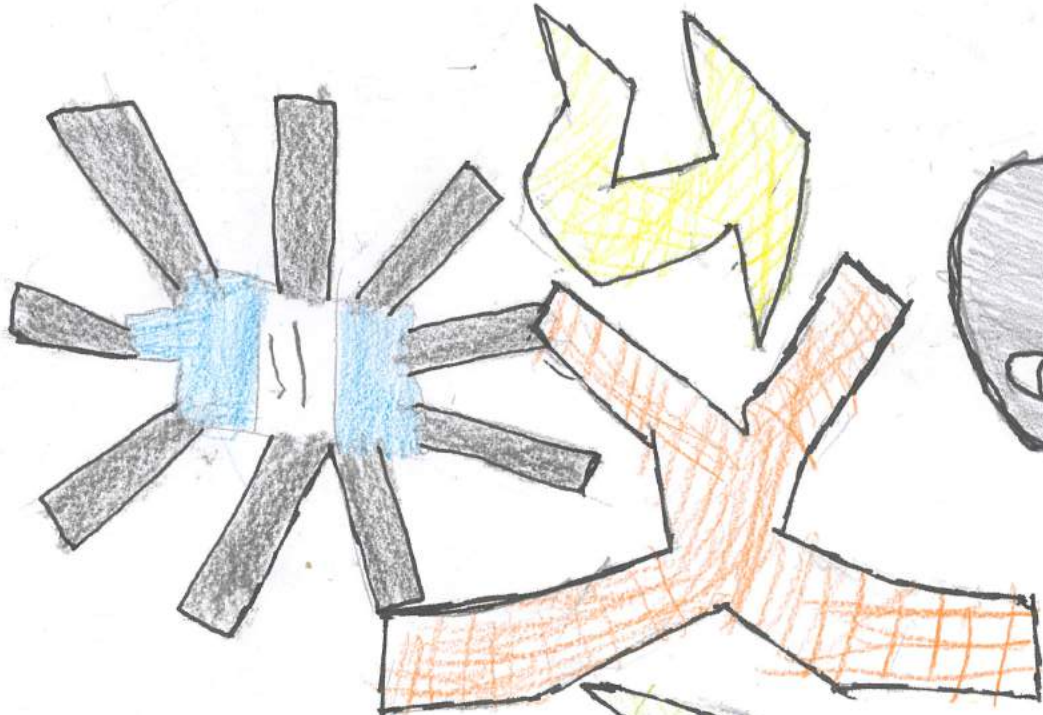
HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Food Waste

- Milk - Top wasted foods that go off quickly.
- Banana - Top 5 wasted food (some refuse to eat when brown/black)
- Berries - One of the top wasted foods

Healthy Eating

- Wholemeal flour
- Dark chocolate
- Low fat butter
- Fruit
- No Sugar
- Low fat milk



RECIPE NAME

SUPER Strawberry Smoothies

CREATED BY

Ayden, George, Jad, Sami

Prep time

10 min

Cook time

NIL

Serves

4

INGREDIENTS

- Ice cream(optional)
- Milk 1L
- Strawberries 1 punnet
- Ice cubes

EQUIPMENT

- Blender
- Cups
- Knife & Chopping Board

PROCEDURE

1. Slice strawberries



2. Insert strawberries into blender



3. Pour milk into the blender



4. Blend for approx. 30 seconds



5. Pour into cups



6. Add Ice



7. Add ice cream(optional)



8. ENJOY SMOOTHIES!!!!!!



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

- Uses overripe/weird strawberries
- You can substitute strawberries with bananas, mangoes etc

RECIPE NAME

Tropical Smoothie

CREATED BY

Ella, Mia, Mei, Giordana

Prep time

5-10

Cook time

1-2

Serves

INGREDIENTS

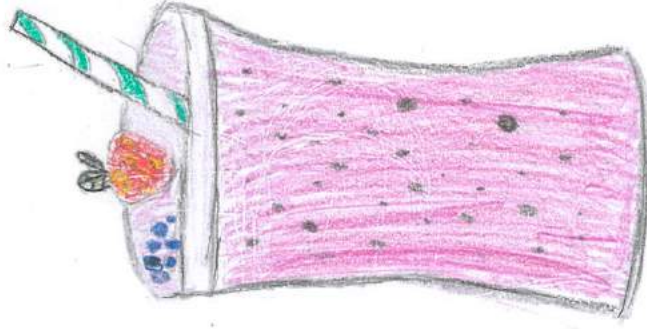
- Strawberries, raspberries or blueberries
- 1 mango or banana
- 1 tablespoon yogurt
- 500 ml Milk
- Ice (optional)

EQUIPMENT

blender, cups, spoons, bowls, knife
(be careful), chopping board.

PROCEDURE

- Cut mango with knife on chopping board
- Put all fruit in blender
- Add 500ml of milk
- Put in 1 tablespoon of yogurt
- Add ice if you would like it really cold
- Blend everything together in blender until its finished
- Serve it to friends or family.



HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

You can mango with banana or other fruit that may be overripe and would otherwise be thrown out. Bananas are one of the most thrown out fruit because they can go brown easier. The more brown spots they have, the better they will be in a smoothie.



BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

RECIPE NAME

Berry Smoothie

CREATED BY

Danielle, Noor, Omran, Maryam, Maysra.

Prep time

5/10 min

Cook time

N/A

Serves

4-5 cups

INGREDIENTS

- Strawberries
- Milk (2 cups)
- Blueberries
- Raspberries (as much berries as you want)
- Blackberries
- Ice (as much ice as you want)
- Honey (1 spoon)
- Cinnamon (dash)

EQUIPMENT

- Blender
- Straws (4-5)
- Cups (4-5)

PROCEDURE

	
Wash all the berries.	Put all the ingredients into the blender.
Blend all the ingredients for one minute. Pour the smoothie in a cup with a straw.	

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This recipe addresses food waste by using the ingredients that we waste everyday such as berries. It also addresses healthy eating because the vitamins in the smoothie helps your body develop. It is a good treat for summer.

BEVERLY HILLS NORTH PUBLIC SCHOOL FOOD WASTE RECIPE BOOK



RECIPE NAME

Orange, mango and banana slushie

CREATED BY

Alicia, Soumaya, Nayssa, Jason, Hassan

Prep time

10m

Cook time

15m

Serves

5

INGREDIENTS

- 2 bananas
- 2 oranges
- 2 mangoes
- 6 ice cubes

EQUIPMENT

- 1 blender
- 1 chopping board
- 1 knife
- 5 large cups
- 5 straws

PROCEDURE

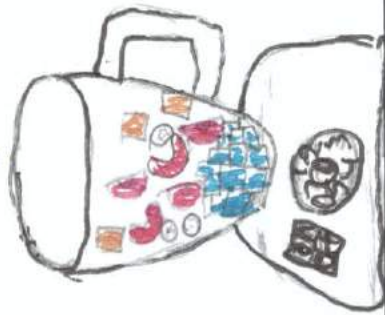
Peel and slice the fruit into cubes.



Collect 6 Ice Cubes from the tray put them into the blender



put the fruit into the blender. Blend altogether.



Pour them from the blender into the cups add your straw.



Enjoy!!!

HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

The peels are very good for your compost bins also this is a very good cold drink/slushie.