



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

# ***Saved Food Recipes***



**By: Kitchen Garden Group 2020**

# Table of Contents

1. **Chicken Salad by Raven**
2. **Avocado Spread by George**
3. **Vegetable Fried Rice by Shriyanka**
4. **Simple Homemade Hot Chips by Charlotte**
5. **Veggie Pizza by Imeelya**
6. **Rainbow Fruit Salad with Lemon Dressing by Emma**
7. **Healthy Salad by Daniella**
8. **Funny Fruit Face by Ethan**
9. **Scrambled Eggs by Joseph**
10. **Fruit or Vegetable Salad by Julian**
11. **Pasta and Vegetable Salad by Savina**
12. **Rainbow Fruit Kebab by Marcus**
13. **Fruit Salad by Sophia**
14. **Pear Spaghetti by Leyla**
15. **Rainbow Fruit Kebab with Dip by Patrik**
16. **Fruit Popsicles by Timothy**
17. **Healthy Sandwich and Drink by Celia**
18. **Ham and Cheese Pizza by Domara**
19. **Avocado Toast by Matilda**
20. **Rihana's Salad by Rihana**
21. **Macedonian Breakfast by Jack**
22. **Frozen Summer Fruit Cups by Layla**
23. **Strawberry Smoothie by Rhiana**
24. **Multi Smoothie by Falantina**
25. **Watermelon Drink by Belinda**
26. **Tropical Fruit Crush by Aaliyah**
27. **Banana Milkshake by Teresa Arabou**
28. **Boba by Kim**
29. **Fruit Smoothie by Momir**
30. **Berryblitz by Lawrance**
31. **Banana Bread by Roberto**
32. **Banana Cake by Olivia**



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Chicken Salad

### CREATED BY

Raven Mezzatesta

Prep time

10mins

Cook time

0

Serves

4

### INGREDIENTS

left over chicken breast  
lettuce  
tomato  
cucumber  
onion  
4 tbsp. balsamic vinegar  
4 tbsp. olive oil  
salt

### EQUIPMENT

bowl  
knife  
chopping board  
tongs  
measuring spoon  
2 forks

### PROCEDURE

1. Shred the chicken using two forks.
2. Use knife to cut vegetables.
3. Combine them in a bowl.
4. Add olive oil and balsamic vinegar.
5. Season with salt and papper.
6. Toss all ingredients together using tongs and serve!



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It uses leftovers and is healthy since no excessive salt/sugar is used. The vegetables are healthy and the chicken breast is lean meat. This recipe is also good for the environment as it does not need electricity.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Avocado Spread

### CREATED BY

George Jiri

Prep time

10 mins

Cook time

0

Serves

4

### INGREDIENTS

plain Greek yoghurt  
avocado  
lime juice  
garlic powder and salt/pepper

### EQUIPMENT

spoon  
bowl  
fork

### PROCEDURE

1. Mash up avocado with a fork.
2. Stir and add some salt, Greek yoghurt and pepper.
3. Let it sit for a minute before adding lime juice and stirring it in.
4. Enjoy on toast or toasted bread roll, halved.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Avocado can be leftover so this will use it up to avoid it being wasted. Avocado is healthy since it has unsaturated fats.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Vegetable Fried Rice

### CREATED BY

Shriyanka Ramamoorthy

Prep time

10mins

Cook time

5mins

Serves

4

### INGREDIENTS

rice  
beans  
carrot  
broccoli  
onion  
oil  
salt  
soy sauce

### EQUIPMENT

frying pan  
spoon

### PROCEDURE

1. Wash and cut your vegetables.
2. Fry vegetables in olive oil by tossing them around until they are half cooked. This should take about 2-3 minutes.
3. Boil water and cook the rice until ready.
4. Add 1 teaspoon of soy sauce and salt to the rice for flavour. Stir through properly.
5. Add rice to the vegetables and mix thoroughly.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This avoids wasting vegetables and rice is easy to make too so it is a healthy and easy recipe too.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Simple Homemade Hot Chips

### CREATED BY

Charlotte Lee

Prep time

10mins

Cook time

45mins

Serves

4-6

### INGREDIENTS

6 potatoes  
2 tbsp olive oil  
1 tsp celery salt  
sea salt to serve with dish

### EQUIPMENT

oven  
2 baking trays  
cold water  
tea towel

### PROCEDURE

1. Preheat oven to 200 degrees Celsius.
2. Peel potatoes and cut into thin long chips. Can be as thick as you want but ideal width is of your finger.
3. Rinse chips under cold water, pat dry with a tea towel.
4. Once dry, spread chips on a non-stick baking tray, without overlapping.
5. Coat chips with 2 tsp olive oil and 1 tsp salt.
6. Roast in the oven for 45-50 minutes, turning over for a few mins.
7. When cooked, it should be golden brown. Sprinkle with sea salt, then serve hot.
8. Eat and enjoy!



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

My recipe of homemade chips is healthy considering chips are cooked potatoes. Even though people may believe it is unhealthy, it all depends on how much oil or salt you spread over it. Plus it is a simple way not to waste left over potatoes, instead of letting them rot.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Veggie Pizza

### CREATED BY

Imeelya Jameel

Prep time

10-15  
mins

Cook time

50 secs

Serves

6

### INGREDIENTS

tortilla wrap  
olives  
tomato sauce  
rocket  
cheese

### EQUIPMENT

microwave  
plate  
pizza cutter  
butter knife

### PROCEDURE

1. Place your tortilla wrap on a plate and spread with tomato sauce.
2. Shred the cheese and put on top of the tomato sauce.
3. Wash the rocket and add to the pizza.
4. Cut up the olives and add on top of other ingredients.
5. Put into microwave for 50 seconds.
6. Take out and cut up your pizza.
7. Enjoy your meal!



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It is made with healthy food and it uses food scraps or leftovers.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Rainbow Fruit Salad with Lemon  
Dressing

### CREATED BY

Emma Dimarzio

Prep time

10 mins

Cook time

0

Serves

3

### INGREDIENTS

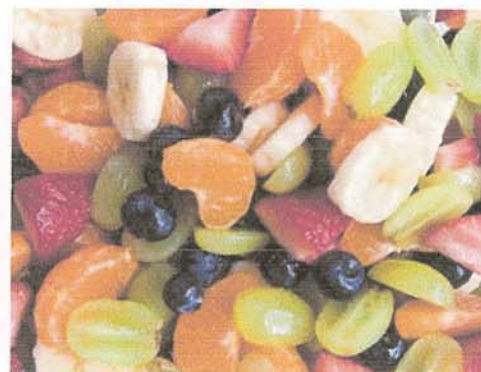
strawberries  
oranges  
lemon  
apples  
grapes  
blueberries

### EQUIPMENT

medium sized bowl  
juicer  
knife  
chopping board

### PROCEDURE

1. Wash ingredients if necessary.
2. Using a knife chop the strawberries in half, apples and oranges.
3. Place the strawberries, apples, grapes, oranges and blueberries in a medium sized bowl.
4. Slice the lemon in half.
5. Using a juicer, juice the lemon until there is enough for your salad.
6. Pour lemon juice on the salad.
7. Enjoy!



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This recipe helps to reduce food wastage as we are using the most common leftover fruit to create a delicious salad. It is also very healthy with vitamins and minerals. Eating fruit helps to prevent vitamin C and A deficiencies. By being part of regular eating patterns, people would have a reduced risk of having chronic diseases.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Healthy Salad

### CREATED BY

Daniella Toma

Prep time

10 mins

Cook time

0

Serves

4

### INGREDIENTS

2 tomatoes  
lettuce leaves  
2 cucumbers  
lemon juice/olive oil  
salt

### EQUIPMENT

knife  
spoon  
chopping board  
bowl  
plate

### PROCEDURE

1. Cut tomato into small pieces.
2. Cut cucumbers into thin slices.
3. Break up lettuce leaves into smaller pieces.
4. Put these ingredients into a bowl and mix.
5. Squeeze lemon juice and add olive oil. Toss gently.
6. Add salt to taste.
7. Serve salad onto your plate with a meal or on it's own.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This recipe helps to reduce food waste because using these leftovers is saving on vegetables that would otherwise get thrown in the bin. It's healthy as well with vitamins and minerals.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Funny Fruit Face

### CREATED BY

Ethan Roberts

Prep time

15 mins

Cook time

0

Serves

6

### INGREDIENTS

Leftover fruit – bananas, blueberries, strawberries, cherries, apples

### EQUIPMENT

knife  
plate

### PROCEDURE

1. Gather up any leftover fruit.
2. Put a plate on the bench.
3. Make up a funny face from the fruit eg. banana for a smile, cherries for eyes, a strawberry for a nose, apple pieces for ears and hair etc.
4. Enjoy your yummy creation!



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

If there is leftover fruit, it can be used for edible art, to help make it fun for kids to eat healthy food.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Scrambled Eggs

### CREATED BY

Joseph Timo

Prep time

1 min

Cook time

3 mins

Serves

2

### INGREDIENTS

2 eggs  
oil  
salt/pepper

### EQUIPMENT

fork  
frypan  
bowl  
spatula  
plate

### PROCEDURE

1. Crack two eggs a bowl.
2. Beat the eggs with a fork for 1 minute, adding salt/pepper to taste.
3. Heat oil in the pan and add the egg mixture when it's warm.
4. After a minute, mix it around to cook through, flipping and turning where needed.
5. Turn out onto the plate and enjoy.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Eggs have nutrients such as protein, carbohydrates and vitamins, so that is healthy. It helps reduce waste by using up extra eggs and oil.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Fruit or Vegetable Salad

### CREATED BY

Julian Della Camera

Prep time

5 mins

Cook time

0

Serves

5

### INGREDIENTS

apples, pears, watermelon,  
rockmelon OR  
lettuce, cucumber, tomato, capsicum

### EQUIPMENT

knife  
chopping board  
bowl  
spoon

### PROCEDURE

1. Cut up all the fruit (or vegetables) and put them in the bowl.
2. Use a spoon to mix up the fruit (or vegetables).
3. Use a spoon to scoop the salad onto your own plate.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It helps you to eat healthy because it's fruit or vegetables, depending upon what there is leftover the most. It can be frozen for next time, if it is not all eaten too.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Pasta and Vegetable Salad

### CREATED BY

Savina Odisch

Prep time

10 mins

Cook time

15 mins

Serves

5-8

### INGREDIENTS

pasta  
lettuce  
tomato cucumber  
salad dressing  
salt/pepper

### EQUIPMENT

cooktop  
knife  
chopping board  
bowl  
pot, spoon

### PROCEDURE

1. Put pasta into the pot of boiling water.
2. Cut up all of the vegetables and add them to a bowl.
3. Drain off pasta when cooked and add to the bowl.
4. Add salt/pepper and salad dressing.
5. Mix well to combine.
6. Serve and enjoy!



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It is very healthy and useful to make a meal from leftover food that is not being used anymore.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Rainbow Fruit Kebab

### CREATED BY

Marcus Toma

Prep time

15 mins

Cook time

0

Serves

1

### INGREDIENTS

mandarins  
green apples  
bananas  
plain yoghurt, optional

### EQUIPMENT

skewers  
bowl  
chopping board  
knife

### PROCEDURE

1. Chop each piece of fruit up into small pieces.
2. Place onto skewer in an order to be repeated, until all fruit is used up.
3. Serve with yoghurt as a dip, if desired.
4. Enjoy the fruit kebabs!



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It is really healthy and tasty, considering it uses up leftover fruit that wouldn't otherwise be eaten.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Fruit Salad

### CREATED BY

Sophia Darios

Prep time

10 mins

Cook time

0

Serves

1

### INGREDIENTS

1 apple  
1 orange  
½ cup any berries  
1 pear or peach

### EQUIPMENT

1 bowl  
1 spoon  
chopping board

### PROCEDURE

1. Core the apple and chop remainder of apple into small cubes.
2. Place apple pieces into bowl.
3. Peel orange and cut up into smaller pieces. Place into bowl, after removing any seeds.
4. For big berries, such as strawberries, cut off the stem and chop into small pieces, adding to the bowl. For small berries, like blueberries/raspberries, place directly into bowl.
5. Place pear/peach onto chopping board and cut up. Place into bowl.
6. Mix the fruit in the bowl with a spoon and serve.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

If you had any leftover fruit, you can use them to create this recipe and enjoy eating healthy food.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Pear Spaghetti

### CREATED BY

Leyla Celik

Prep time

10mins

Cook time

0

Serves

1

### INGREDIENTS

1 pear  
1 slice of watermelon

### EQUIPMENT

knife  
chopping board  
peeler  
bowls

### PROCEDURE

1. Peel the pear into thin strips like spaghetti.
2. Put pear into the bowl and put aside.
3. Chop up the watermelon safely into little cubes, using the chopping board and knife.
4. Sprinkle it onto the pear spaghetti.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This recipe helps address food wastage by using ingredients that you would throw away because of little things like 'brown spots' (eg. on the pear).



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Rainbow Fruit Kebab with dip

### CREATED BY

Patrik Se Lim

Prep time

15 mins

Cook time

0

Serves

1

### INGREDIENTS

oranges  
apples  
bananas  
mango  
1 cup yoghurt

### EQUIPMENT

skewers  
strainer  
bowl

### PROCEDURE

1. Chop oranges, apples and bananas.
2. Place fruit on a skewer, alternating between fruit.
3. For the dip, mash oranges and mango in a bowl.
4. Add yoghurt and mix well.
5. Enjoy the dip with the fruit skewers.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It is an easy way to use up left over food and it's tasty as well as healthy too.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Fruit Popsicles

### CREATED BY

Timothy Truong

Prep time

10mins

Cook time

2 hours

Serves

6-8

### INGREDIENTS

strawberries  
bananas  
blueberries  
milk (or water)  
yoghurt

### EQUIPMENT

popsicle sticks  
popsicle mould  
blender

### PROCEDURE

1. Prepare  $\frac{1}{4}$  cup plain yoghurt.
2. Add  $\frac{1}{2}$  cup milk or water.
3. Collect your strawberries, blueberries, bananas and blend them for 1-2 minutes.
4. Pour the blended fruit into the mould. Put in the popsicle sticks.
5. Place into the freezer for 2-3 hours for them to set.
6. Enjoy the frozen fruit treat.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Many fruit varieties are wasted by kids each day so by putting them into a popsicle, not only will it be aesthetically pleasing but also delicious and a healthy snack to help kids not waste food.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Healthy sandwich and drink

### CREATED BY

Celia Coogan

Prep time

5 mins

Cook time

0

Serves

1

### INGREDIENTS

wholegrain bread 2 slices  
tomato  
cheese  
ham or turkey  
2 oranges

### EQUIPMENT

knife  
juicer  
cup  
plate  
cutting board

### PROCEDURE

1. Gather all ingredients on the bench.
2. Slice tomato thinly.
3. Put cheese, ham and tomato on the bread. Add butter, if preferable.
4. Squeeze oranges with juicer and pour into cup.
5. Enjoy!



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

By using things leftover in the fridge, you do not have to buy extra and throw out old ingredients, since you can use them for a meal.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Ham and Cheese Pizza

### CREATED BY

Domara Askaro

Prep time

5 mins

Cook time

10 mins

Serves

2

### INGREDIENTS

2 slices of bread  
ham  
cheese

### EQUIPMENT

oven  
knife

### PROCEDURE

1. Cut ham into small pieces.
2. Break up the cheese into small pieces too.
3. Place the ham and cheese on the slices of bread.
4. Put into oven for cheese to melt.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It uses 3 common food items that are usually left over.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Avocado Toast

### CREATED BY

Matilda Toma

Prep time

5 mins

Cook time

0

Serves

2

### INGREDIENTS

avocado  
toasted sliced bread  
salt/pepper  
lemon juice

### EQUIPMENT

spoon  
bowl  
fork

### PROCEDURE

1. Mash avocado with a fork in a bowl.
2. Add seasoning to taste.
3. Add lemon juice and mix well
4. Toast 2 slices of bread and top with avocado mixture.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It avoids avocados going black and bread becoming mouldy, if they were not used in this recipe.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Rihana's Salad

### CREATED BY

Rihana Gulasi

Prep time

5 mins

Cook time

0

Serves

2

### INGREDIENTS

capsicum  
tomato  
cucumber  
iceberg lettuce  
oregano and French dressing

### EQUIPMENT

knife  
bowl  
chopping board  
salad spinner

### PROCEDURE

1. Prepare all ingredients by washing and allowing to drain in a salad spinner.
2. Peel cucumber and slice thinly.
3. Cut capsicum into thin strips.
4. Chop tomato into small cubes.
5. Break lettuce leaves into smaller pieces.
6. Place all prepared vegetables into bowl.
7. Add dressing and serve.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It is healthy since it uses vegetables and it avoids food wastage by collecting up ingredients that would be thrown away if leftover.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Macedonian Breakfast

### CREATED BY

Jack Apostolovski

Prep time

2.30mins

Cook time

1min

Serves

1

### INGREDIENTS

pepper  
toast  
avar  
beans

### EQUIPMENT

toaster  
plate

### PROCEDURE

1. Toast a slice of bread in the toaster.
2. Warm up beans in a microwave, while the bread is toasting.
3. Spread avar on your toast when ready.
4. Pour beans on the toast too.
5. Sprinkle pepper on top of toast, according to taste.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

You do not have to use any plastics and it is healthy and helpful if you are on a body building program.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Frozen summer fruit cups

### CREATED BY

Layla Rose Moshi

Prep time

5 to 10  
mins

Cook time

Nothing to  
cook

Serves

6 serves

### INGREDIENTS

250g Strawberries  
125g Blueberries  
1 Mandarin peeled, divided  
350g seedless Grapes  
2L of unsweetened juice (apple or orange)

### EQUIPMENT

A knife  
A spoon  
1 large bowl  
1 cup freezer safe containers with sealable lids.

### PROCEDURE

1. Gather your ingredients from the fridge.
2. Wash all the ingredients with tap water.
3. Chop them up with a knife and make sure you have a adult around you.
4. Combine fruit in a large bowl.
5. Spoon the fruit into a 1 cup freezer safe container with sealable lids.
6. Cover with juice and freeze over night until firm and hard.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This recipe addresses food waste as when you buy too much fruit at the grocery store and the fruit is just sitting in the kitchen as no one is eating it. Instead of throwing the fruit out, you can make this easy, delicious treat for the whole family on a hot summer day. This recipe is also very healthy and nutritious.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Strawberry Smoothie

### CREATED BY

Rhiana Santana

Prep time

5 mins

Cook time

0

Serves

2

### INGREDIENTS

orange juice  
yoghurt  
strawberries  
bananas

### EQUIPMENT

knife  
blender  
measuring cups  
cups  
chopping board

### PROCEDURE

1. Cut the bananas into pieces.
2. Pour  $\frac{1}{2}$  cup of orange juice into the blender.
3. Add  $\frac{1}{2}$  cup of strawberries to the blender.
4. Blend all ingredients together for about 20 seconds with a tablespoon of yoghurt.
5. Pour the smoothie into the cups.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

With a blender, leftover ingredients can be used to create a healthy drink.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Multi Smoothie

### CREATED BY

Falantina Jankel

Prep time

5 mins

Cook time

0

Serves

6

### INGREDIENTS

blueberries, blackberries and  
strawberries, bananas, ice/water

### EQUIPMENT

blender  
cups

### PROCEDURE

1. Prepare blender and collect ingredients.
2. Place all fruit into the blender, adding ice and a little bit of water.
3. Blend together for 30 seconds.
4. Pour it into a cup and enjoy this healthy drink!



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This recipe addresses food wastage and is also healthy since it uses fruit that would otherwise be thrown away.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Watermelon Drink

### CREATED BY

Belinda Vasquez

Prep time

10 mins

Cook time

0

Serves

5-6

### INGREDIENTS

watermelon  
lemon  
grapes  
ice/water  
honey

### EQUIPMENT

blender  
cutting board  
knife

### PROCEDURE

1. Cut watermelon and lemon in half. Collect grapes and honey.
2. Place watermelon into the blender and squeeze lemon for some juice too.
3. Add grapes, ice, water and honey.
4. Blend mixture until smooth and it is the consistency of a drink.
5. Pour into a glass and drink!



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This drink is useful since it has healthy ingredients with vitamins and it uses up leftover food as well.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Tropical Fruit Crush

### CREATED BY

Aaliyah Houzaifi

Prep time

2 minutes

Cook time

40  
seconds

Serves

2

### INGREDIENTS

passion fruit  
one mango  
diced pineapple  
one quarter diced watermelon  
ice  
one strawberry

### EQUIPMENT

knife  
blender  
chopping board  
bowl

### PROCEDURE

1. Let ice defrost for 5 minutes so it is easier to blend.
2. Cut the mango into cubes and then do the same to the water melon and pineapple.
3. Cut the passion fruit in half and squeeze out the juice and take out the seeds.
4. Take out all the ice and put in the blender.
5. Put the watermelon, mango and passionfruit juice into the blender.
6. Blend for 40 seconds.
7. Separate the passion fruit seeds into 2 cups.
8. Pour mixture in 2 cups.
9. Cut strawberry in half and then put it on the side of your cup.  
Now it's ready to enjoy!



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Not wasting tropical fruit that are found in the Philippines, which take a lot of time to grow and transport.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Banana Milkshake

### CREATED BY

Teresa Arabou

Prep time

2 mins

Cook time

0

Serves

1

### INGREDIENTS

2 bananas, chopped  
vanilla extract  
1 cup of milk

### EQUIPMENT

blender  
cup

### PROCEDURE

1. Chop up bananas into smaller pieces.
2. Place all ingredients in the blender.
3. Blend for 30 seconds.
4. Pour into cup for drinking.
5. Optional: Add 1 scoop of low fat vanilla ice-cream or ice cubes, if drinking it during summer.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

The recipe has milk and bananas which are both healthy. It uses milk and ripe bananas which could go to waste, if they are not consumed on time.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Boba

### CREATED BY

Kim Truong

Prep time

5  
minutes

Cook time

10 – 20  
minutes

Serves

2

### INGREDIENTS

any type of milk product (fresh milk)  
tea bag (Lipton preferred)  
sugar (optional)  
ice  
sliced fruit

### EQUIPMENT

cup  
teaspoon  
knife (to slice fruit for decoration)

### PROCEDURE

1. Use your tea bag to make tea like normal until it is ready.
2. Prepare your server by using a cup.
3. Pour your milk in the cup and wait until the tea is done.
4. Gently pour the tea into this cup too.
5. Mix it altogether until your result is a brown-ish light colour.
6. Wait until it is cool or add ice to calm down the heat.
7. Add sugar (optional).
8. Add the halfway sliced fruit on the side of your cup for presentation.
9. Enjoyed your boba/milk tea with a straw.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This is a healthy recipe and good for our environmental waste management project because we are not wasting milk or tea. Milk can spoil pretty quickly if we don't consume it by the use by date. Most people would have a high chance of having half or quarter empty litres of milk that would be wasted, if not used prior.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Fruit Smoothie

### CREATED BY

Momir Tucic

Prep time

5mins

Cook time

5mins

Serves

4

### INGREDIENTS

blueberries ice  
raspberries  
strawberries  
blackberries  
1-2 cups of water,  
one orange,  
one-half apple

### EQUIPMENT

blender  
teaspoon  
knife  
gloves  
cup  
wooden spoon

### PROCEDURE

1. Collect all the ingredients, then plug in the mixer get it ready.
2. Pour water in the blender and then put all the berries in the blender too.
3. Cut half the apple use the one half of the apple cut it in miniature pieces so it doesn't make the blender hard to mix.
4. Cut up a quarter of an orange and squeeze it into the blender.
5. Place ice in the blender and blend again.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Say if you have a half eaten fruits in the fridge from last night just get the fruit and put it in the smoothie.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Berryblitz

### CREATED BY

Lawrance Safadi

Prep time

10 mins

Cook time

Freezing  
time

Serves

6

### INGREDIENTS

2 bananas, roughly chopped  
½ cup milk and 1 cup Greek yoghurt  
1 1/2 tablespoons honey  
250g frozen strawberries and blueberries  
1 dragon fruit  
2 kiwifruits  
125g blueberries and 60g raspberries  
choc granola for serving

### EQUIPMENT

measuring cups/spoons  
knife  
chopping board  
blender  
plastic bag and freezer

### PROCEDURE

1. Place bananas in resealable plastic bag. Freeze for 4 hours or until firm.
2. Blitz milk, yoghurt, honey, bananas, and frozen berries in a blender until smooth.
3. Divide mixture among 6 cups.
4. Sprinkle glasses with choc granola and top with fresh fruit, cut into fun shapes.
5. Serve immediately.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It is healthy with a variety of fruit to enjoy. It is a way to avoid food waste as any of these ingredients can be used to make up this delicious treat, rather than allowing them to 'go off' and have to be discarded.

## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Banana Bread

### CREATED BY

Roberto Esttaifan

Prep time

10 mins

Cook time

30 mins

Serves

12

### INGREDIENTS

1 egg  
1 cup milk  
½ cup brown sugar  
3 bananas, mashed  
1.5 cups self raising flour

### EQUIPMENT

Spoon  
Bowl  
Oven  
Baking dish

### PROCEDURE

1. Collect ingredients and crack the egg into the bowl.
2. Add sugar and beat well.
3. Add the milk and flour, alternating until all added and mixed in.
4. Stir in mashed banana.
5. Place into baking dish and bake until golden brown.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

Leftover bananas are put to good use rather than being thrown away.



## MAKE YOUR OWN RECIPE



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

### RECIPE NAME

Banana cake recipe

### CREATED BY

Olivia Penos

Prep time

10 mins

Cook time

30 mins

Serves

6-8

### INGREDIENTS

1 cup self raising flower  
1 cup caster sugar  
50g melted butter  
1 egg, lightly beaten  
1 teaspoon vanilla essence  
¾ cup of milk  
½ cup mashed banana

### EQUIPMENT

measuring cups  
teaspoon  
oven  
loaf tin

### PROCEDURE

1. Preheat oven to 180C/160C fan forced.
2. Spray 7cm loaf pan with oil.
3. Mix all the ingredients together, leaving the banana aside. Mix well.
4. Add banana and mix slightly.
5. Pour in loaf tin and bake for 30 minutes, until golden brown.



### HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This prevents food wastage by using overripe bananas.