

LORDS
YEAR 4'S
COOK BOOK!
{2023}





Year 4 2023 Cookbook



Welcome to our Year 4 Cookbook. We have been working on our FEAST program for a semester and would like to share our learning journey with you. Firstly, we'd like to thank our teachers, who gave us the chance to make this Cookbook; Mrs. Ward, Mrs. Voorhoeve and Miss Derry. We would also like to give special thanks to OzHarvest for giving our teachers the opportunity to make this learning possible.

We started this unit asking the question, **“How might we reduce food waste?”** We learnt to grate, chop, whisk, knead and cook. We had a lot of fun experimenting with cooking different foods with our friends in this unit. We had to cook many things to decide what recipe we would use that reduces food waste. It has been a long and fun journey learning about cooking, reducing food waste and about sustainability.

Did you know?

- Australia wastes 7.6 million tons of food each year and that 70% of this is edible.
- Up to 10% of global greenhouse gases come from food that is produced and not eaten.
- Any food rotting in landfill produces methane which is 28 x stronger than carbon dioxide.

This is a cookbook for adults and children that want to eat or drink something new that is healthy and reduces food waste. We hope you enjoy our cookbook!





SERVINGS

1

PREP

5 mins

COOK

5 mins

DIFFICULTY

Easy



Delight Refresher

by Mel

METHOD

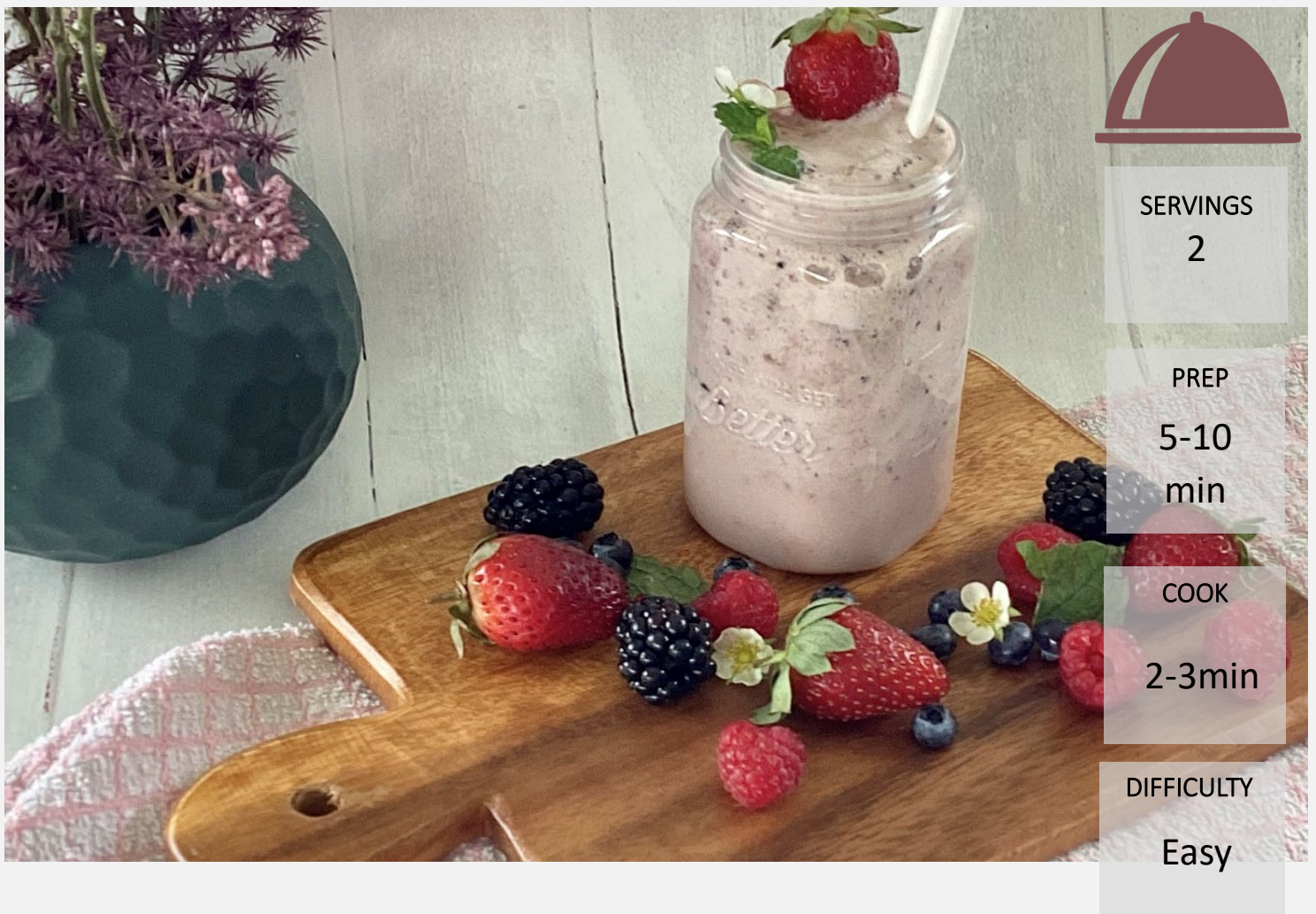
- Peel all of the fruits that need the skin peeled off
- After peeling the skin off put all the fruits in the blender
- Add ½ tsp of sugar, 4 pieces of ice and 3 cups of water
- After they are all mixed up get a cup and put honey drizzle on the side of the cup. Then enjoy your drink

Food waste tip

This reduces food waste because strawberries can go bad quickly and same with blueberries and apples.

INGREDIENTS

- Ice
- Passion fruit
- strawberries
- blueberries
- honey
- apple
- sugar



SERVINGS
2

PREP
5-10
min

COOK
2-3min

DIFFICULTY
Easy

Asha's Brilliant Berry Smoothie

Directions

1. You put the right amount of each ingredient in the blender
2. Then you blend it all together
3. Now you pour the smoothie into cups with a straw
4. Enjoy your brilliant berry smoothie

Equipment

- A spoon
- A tablespoon
- A blender

Ingredients

- 1 ½ cups of apple juice and milk
- 1 banana sliced
- ¾ cup vanilla Greek yogurt
- 1 tablespoon of honey

Food waste tip

This is healthy eating because lots of berries get wasted.

LAB's

Strawberry Milkshake



THE RECIPE REDUCES FOOD WASTE BECAUSE OF THE STRAWBERRIES THEY MIGHT GET SOFT SO YOU CAN PUT THEM IN, AND THE MILK COULD BE A DAY OFF THE EXPIRY DATE.



5-10



INGREDIENTS LIST

- MILK
- ICE CREAM
- STRAWBERRIES
- CREAM
- ICING SUGAR



DIRECTIONS

1. GET SOME CREAM, THEN WHIP IT TILL SOFT PEAKS, THEN ADD TWO TABLESPOONS OF ICING SUGAR, THEN WHIP AGAIN.
2. PUT MILK AND ICE CREAM INTO A BLENDER WITH STRAWBERRIES, THEN BLEND TILL A SMOOTH CONSISTENCY AND NO LUMPS.
3. PUT THE MILK IN HALFWAY UP THE GLASS THEN PUT SOME CREAM ON THE TOP.



SERVINGS

2

PREP

5-10 min

BLEND

30 secs

DIFFICULTY

Medium



Banana and Strawberry Smoothie

DIRECTIONS

Gather all the equipment and ingredients required for the recipe. Using the knife cut up the banana and strawberries into small pieces. Place the cut up fruit into the blender. Add yogurt, milk, ice and honey into the blender. Blend mixture for 30 sec or until combined. Pour mixture into your favourite cup and enjoy.

INGREDIENTS

1 banana
4-5 strawberries
70 g of yoghurt
½ a cup of ice
A teaspoon of
honey



Yash's Strawberry Smoothie

I choose the strawberry smoothie because it's a nice and healthy dessert for kids and adults. Smoothies are fun and easy to make.



5-7 MINUTES



INGREDIENTS LIST

- 2 cups of strawberries
- 1 cup of milk
- 2 spoons of sugar
- 2-3 spoons of ice-cream vanilla or any you like
- sprinkles
- whipped cream

Equipment

- blender
- 1 or 2 glass
- spoon



DIRECTIONS

1. Wash and cut strawberries.
2. Put the strawberries in the blender and a glass of milk.
3. Put sugar and ice-cream in the blender.
4. Blend all together and if it is less pour a quarter of milk in.
5. Pour into a glass.
6. Before you serve add whipped cream and sprinkles.



SERVINGS

2

PREP

10 mins

DIFFICULTY

Medium



Arushi's Famous Strawberry Milkshake

DIRECTIONS

1. Wash the strawberries under running water thoroughly
2. Remove the stem from the strawberry
3. Add the strawberries to blender with milk, sugar and vanilla essence
4. Blend in the mixer for 2-3 minutes until all strawberries are crushed
5. Pour the milkshake into the cup and decorate with whipped cream and strawberry sauce

INGREDIENTS

300gs of Strawberries
500ml of Milk
4 tsp's of Sugar
½ tsp's of Vanilla essence
Whipped cream
Strawberry sauce

Equipment

Blender
Knife
Cup
Spoon
Chopping Board



SERVINGS

1

PREP

5

COOK

0 min

DIFFICULTY

easy



ELIJAH'S CHOCOLATE BURST

DIRECTIONS

1. Pour the milk into the cup. You only pour half a cup.
2. Put three scoops of ice cream in.
3. Then you put your delicious freddo.
4. Finally you add your milo.
5. Now you have the chance to blend it or leave it. Then you have Elijah's chocolate burst.

INGREDIENTS

3 scoops of ice cream
4 teaspoons of milo
Milk to halfway up the cup
Chocolate freddo

Food waste tip
Uses milk before it goes off.



SERVINGS

4

PREP

5-10 min

COOK

10 min

DIFFICULTY

Medium



Ruby's Very Berry Smoothie

DIRECTIONS

Step 1 Gather all your berries in a bowl and wash them then dry and add in your blender.

Step 2 Add in your milk, thickened cream and two tablespoons of sugar to your blender.

Step 3 After blend till ready or smooth, pour into cup.

Step 4 After all ready decorate with anything you want.

Step 5 Add your whipped cream and finished. ENJOY

INGREDIENTS

5 large strawberries
4-5 blueberries
6 cups of milk
2 ½ cups of thickened cream
2 tablespoons of sugar
Whipped cream

EQUIPMENT

Blender
Cup
Spoon



SERVINGS

1

PREP

6 min

COOK

none

DIFFICULTY

Easy

Daniel's lemonade.

DIRECTIONS

1. Squeeze all the juice out of the lemons.
2. Add a pinch of sugar.
3. Add the sprite until the cup is half full
4. Add about ten ice cubes.
5. Stick in a straw and enjoy.

INGREDIENTS

2 lemons
A pinch of sugar
A bottle of sprite
Ten ice cubes

Food waste tip:

Use lemons before they go bad.



SERVINGS

1

PREP

2 min

COOK

4 min

DIFFICULTY

easy



Banana Smoothie by Sebby

DIRECTIONS

1. Put ice in blender cup.
2. Add banana and water.
3. Add yoghurt, honey and cinnamon.
4. Blend until smooth.
5. Pour into cup, add straw and serve.

Food Waste Tip – use up your over-ripe bananas.

INGREDIENTS

1 over ripe banana
3T yoghurt
1 T honey
Pinch of cinnamon
½ C ice
½ C water



SERVINGS

1-2

PREP

4-5 min

equipment

Blender
Measuring cup

DIFFICULTY

easy



Berry Smoothie

by Emma

DIRECTIONS

1. Using the measuring cups
Put the berries in the blender.
2. Using the measuring cups
Pour in the milk and ice.
3. Blend it all together.
With the blender
4. Pour it into a
Cup and enjoy.

INGREDIENTS

- ½ cup of milk
- 1/3 cup of blueberries
- 4 strawberries
- 1/3 cup of raspberries
- 1 cup of ice

Hibiscus Tea

Carter Hughes4B



PREPARATION
20 MIN



SERVES
20 PEOPLE

NUTRITION FACTS

HIBISCUS TEA has 0 protein 0 grams



CHEFF'S WORDS

I made this drink because it's made from a flower and flowers are dying because of food waste pollution.

INGREDIENTS

Hibiscus tea , water and sugar.



DIRECTIONS

Boil the leaves for about 10 min
Then with a strainer put a bowl underneath. Then put the bowl in the fridge. Then take the bowl and put some cold water. Now put it in the fridge and wait 5 min. Now take it out of the fridge and put 2 spoons of sugar and stir and there you go hibiscus tea.



SERVINGS

12

PREP

15 mins

COOK

20 mins

DIFFICULTY

easy



Abbey's Famous Banana Bread Muffins

DIRECTIONS

1. Preheat oven to 175c.
2. Grease muffin tray.
3. Sift flour, baking powder, baking soda and nutmeg.
4. Mash bananas, sugar, melted butter, brown sugar, egg and vanilla extract.
5. Add all of the mixture to muffin tray.
6. Cook in the oven for 20 minutes.

INGREDIENTS

- ½ cups of flour
- 1 tsp of baking powder
- 1 tsp baking soda
- 1 tsp of ground cinnamon
- ½ tsp of salt
- 1 pinch of nutmeg
- 3 whole bananas
- ½ cup of white sugar
- 1/3 cup of butter (melted)
- ¼ cup of brown sugar
- 1 large egg
- 1 teaspoon of vanilla extract.

Food waste tip: this works well with bananas that are going bad.



Food Waste Tip – use the whole carrot, even the skin.

Carrot Cake Cookie Surprise



45 MINUTES



INGREDIENTS LIST

- 100g butter
- $\frac{1}{2}$ C brown sugar
- $\frac{1}{4}$ C white sugar
- 1 egg yolk
- $\frac{3}{4}$ C high grade flour
- 1t ginger
- $\frac{1}{2}$ salt
- 1C oats
- $\frac{3}{4}$ C grated carrot
- $\frac{1}{2}$ C white chocolate chips



DIRECTIONS

1. Pre-heat oven to 180 degrees fan-forced.
2. Beat softened butter with electric mixer.
3. Mix in the sugar and egg yolk.
4. Mix together in another bowl the flour, ginger and salt.
5. Fold dry ingredients with wet ingredients.
6. Add in the chocolate chips, oats and carrots and mix well.
7. Put the mixture onto a tray in balls and spread out.
8. Cook for 18-20 minutes.



SERVINGS

12

PREP

10 min

COOK

15 min

DIFFICULTY

Medium



Banana Muffins By Eva

DIRECTIONS

1. Preheat oven to 180 degrees C fan-forced.
2. Line a 12 hole muffin tray with muffin liners.
3. Melt the butter in a microwave-safe bowl. Allow to cool slightly.
4. Add the vanilla extract, honey and milk and whisk together until well combined.
5. Add the eggs 1 at a time and whisk between each.
6. Add the mashed banana and beat for a further 20 seconds or until well combined.
7. Sift over the self-raising flour, caster sugar, baking powder, bicarbonate soda, cinnamon and salt.
8. Fold through with a wooden spoon.
9. Divide mixture evenly between the muffin cases (filling to 2/3 full).
10. Sprinkle with the raw sugar (optional)
11. Cook for 15 minutes or until the muffins are lightly golden and spring back when touched in the middle.
12. Allow to cool in the tray for 5 minutes before transferring to a wire rack to cool completely.

INGREDIENTS

80 g butter
1 tbsp vanilla extract
1 tbsp honey
125 g (1/2 cup) milk
2 eggs
2 large bananas mashed
250 g self- raising flour
100 g caster sugar
1 tsp baking powder
½ tsp bicarbonate of soda
1 tsp ground cinnamon
Pinch of salt
2 tbs raw sugar optional

JASMINE'S BRILLIANT Berry Cupcakes



53 MINUTES

You can use leftover berries before they go to the bin. It is also a good and yummy snack. It is also healthy.



INGREDIENTS

- 1 ½ cups (180g) flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup (113g) unsalted butter, softened
- 1 cup (200g) sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1/3 cup (75g) sour cream
- 1/2 cup (118ml) milk
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1/2 cup blackberries

FOR THE FROSTING:

- 8 ounces (226g) cream cheese, at room temperature
- 1/2 cup (113g) unsalted butter, softened
- 2 cups (220g) powdered sugar
- 1 teaspoon vanilla extract



DIRECTIONS

1. Preheat oven to 180°C. Line 18 muffin cups.
2. Whisk together flour, baking powder, baking soda & salt.
3. Beat butter and sugar until light and fluffy with electric mixer on medium speed.
4. Add egg, vanilla, sour cream - mix to combine.
5. Reduce mixer speed to low. Add flour mixture in three portions, alternating with two portions of milk. Mix just until combined.
6. Cut berries in half or quarters for larger berries. Place in a bowl and sprinkle 2 teaspoons of flour over them. Gently toss to coat. Gently fold berries into the batter.
7. Divide batter among muffin cups - 2/3 full.
8. Bake 25 - 28 minutes, or until the tops are golden & a pick inserted, comes out clean.

Frosting

1. Use electric mixer on medium speed to beat cream cheese & butter until smooth & creamy.
2. Reduce mixer speed to low. Gradually add confectioner's sugar & mix until thoroughly combined and smooth. Mix in the vanilla.
3. Mix for another 2-3 mins on medium speed until frosting is light and fluffy.
9. Pipe or spread the frosting onto the cooled cupcakes.





Serves

12

PREP

10 mins

COOK

35 min

DIFFICULTY

Medium



Kobes's Choc Chip Cookies

DIRECTIONS

1. Preheat in oven at 180 degrees line baking tray.
2. In the mixer put sugar and baking soda and salt mixed
3. Add butter, egg and vanilla mix well until thick and creamy.
4. Add flour and choc chips. Mix to form dough.
5. Roll into balls and place on tray, spread them out.
6. Bake for 13-16 mins and cool on cooling rack.
7. Serve and enjoy!

Food Waste Tip – use up nearly expired eggs.

INGREDIENTS

½ cup caster sugar
½ cup brown sugar
½ teaspoons baking soda
¼ teaspoon of salt
115g salted butter
1 large egg
½ teaspoon of vanilla extract
1 ½ cups of flour
1 cup of choc chips



Nanna's banana muffins

Lincoln McDonald



10 MINS



INGREDIENTS LIST

- 1 cup
- 113g batter
- 1 egg
- 1 ½ cups s r flour
- 3 bananas mashed
- 3 tbs milk
- chia seeds or nuts optional



DIRECTIONS

1. Beat sugar & melted butter
2. Add egg & beat until mixed
3. Add flour and mix
4. Add banana
5. Add milk
6. Pour into muffins tray
7. Top with chia seeds or nuts if you like
8. Bake at 180c until cooked cooking time varies depending on muffins size



SERVINGS
1 Medium
jar

PREP
20 Mins

COOK
15 mins

DIFFICULTY
Medium



Scarlett`s Healthy Strawberry Jam

DIRECTIONS

1. Using a fork mash up strawberries in a bowl.
2. Combined mashed up strawberries, honey and chia seeds in a saucepan.
3. Stir over low heat until strawberries fall apart.
4. Increase heat to high and bring mixture to full boil.
5. Continue for 10 mins or until mixture is thick.
6. Transfer jam into a jar and top with a lid. Cool in the fridge overnight.

ENJOY!!

INGREDIENTS

500g of fresh strawberries
¼ cup of honey
2 tablespoons chia seeds

EQUIPMENT

Bowl
Fork [to mash]
Saucepan
Wooden spoon
Jar with lid
Measuring cups and spoons



Aisha's Awesome Banana Bread

The recipe I have used has all the healthy ingredients. It has low, good sugar and the ripe banana didn't go to waste.



INGREDIENTS LIST

- 3 Ripe Bananas
- 2 Eggs
- 1 Tablespoon Vanilla Extract
- 2-3 Tablespoon Butter
- 1 Teaspoon Cinnamon Powder
- 1 Teaspoon Baking Soda
- ½ Teaspoon Salt
- ½ Cup Brown Sugar
- 1 ½ Cups Self Raising Flour



50 MINUTES



DIRECTIONS

1. Grease a loaf tin with a little bit of butter and line it with baking paper.
2. In a bowl, break two eggs.
3. In an electric mixer, add the sugar, butter, cinnamon powder, eggs, and banana and mix well.
4. Add the flour, baking soda, and salt in the mixer and beat well.
5. Use a spoon and pour the mixture in the tin and bake at 160 degrees for 35-40 mins (insert a butter knife in the center to double check if it's fully baked and if it comes out clean then the banana bread is ready)
6. Allow to cool for 5-10 mins



Edward's Brilliant Banana and Coconut Balls

*Food waste tip:
Use bruised bananas*

INGREDIENTS

3x banana, 1tsp cinnamon, 1 tsp vanilla essence,
2 cups oats, 1/3 cup coconut.

PREPARATION STEPS

1. Peel and mash bananas
2. Place banana, cinnamon, vanilla and oats into food processor
3. Blitz until combined
4. Roll tablespoons of mixture into balls
5. Roll balls in coconut to coat
6. Place in fridge for 1 hour





SERVINGS

8 - 10

PREP

15 Mins

COOK

50-Mins

DIFFICULTY

easy



Ivy M's Brilliant Banana Bread

DIRECTIONS

1. Preheat your oven to 180°C + line an 11 x 21cm loaf pan with baking paper.
2. Add flours + cinnamon into a large bowl + stir in sugar. Make a well in the centre.
3. Place the butter in a medium microwave safe bowl + microwave for 30 seconds or until melted. Let cool.
4. Add bananas into the butter + mash with fork. Now add the eggs + milk + whisk together.
5. Add the banana mixture to the flour mixture using a spatula to scrape everything in. Mix together until just combined.
6. Pour the mixture into the prepared loaf pan, use the spatula to scrape everything in.
7. Bake in the oven for 45-50 minutes. Remove from oven, leave in pan to cool for 5 minutes, then turn onto wire rack to cool completely.

Food waste tip: uses bananas that are going brown

INGREDIENTS

- ¾ cups self raising flour
- ¼ cup plain flour
- 1 teaspoon ground cinnamon
- 2/3 cup brown sugar (firmly packed)
- 2 over-ripe bananas
- 2 eggs lightly whisked
- ½ cup milk
- 50g butter

Equipment

1. Large bowl
2. Med bowl (microwave safe)
3. Mixing bowl
4. Fork
5. Spatula
6. Wire rack
7. 11 x 21cm loaf pan



SERVINGS

1

PREP

5 min

Ready in
one night

DIFFICULTY

Easy



Over Night Oats

By Finlay

DIRECTIONS

Get a jar, oats, milk ,Greek yoghurt ,coco powder ,chia seeds and maple syrup

Next

Add all the ingredients into the jar.

Next

Mix all the ingredients in the jar.

Shake the jar.

Refrigerate them over night.

Eat them.

INGREDIENTS

1/4 cups of oats

1/3 cup of milk

1/4 greek yoghurt

1tbsp coco powder

1tbsp of chia seeds

1tbsp of maple syrup



SERVINGS

12

PREP

15mins

COOK

35 min

DIFFICULTY

Medium



Jaxon's Banana Bread

DIRECTIONS

1. Preheat oven 160 degrees.
2. Combine the oil, eggs, sugar, milk, vanilla and mashed bananas.
3. Add the baking soda and flour.
4. Combine well for 2-3 minutes.
5. Add walnuts (optional) and lightly stir to combine.
6. Pour into a greased loaf pan.
7. Bake in the preheated 160 degree oven for 1 hour & 20 minutes.

Food Waste Tip – use up older bananas

INGREDIENTS

- 3 ripe bananas
mashed
- 2 eggs
- 1 $\frac{3}{4}$ flour
- 1 $\frac{1}{2}$ cups of sugar
- $\frac{1}{2}$ cup coconut oil
- $\frac{1}{4}$ cup milk
- 1 teaspoon baking
soda
- 1 teaspoon vanilla
- $\frac{1}{4}$ - $\frac{1}{2}$ cup walnuts
(optional)



Kaidance's Confetti Cupcakes

I enjoy making confetti cupcakes because I can see all of the colors mix together. I chose them because they are a great delight to make and eat. If you make my cupcakes I hope you enjoy them!! 😊



15-25 minutes



STEPS!

1. Start by preheating the oven to 160c fan forced and then get out the patty pans.
2. Then mix: self-raising flour, sugar, butter, milk, eggs, sprinkles and vanilla essence a large bowl.
3. Beat or whisk until all of the batter is quite smooth and creamy.
4. Put all of the patty pans in a cupcake tin and fill the patty pans 3/4 full with the batter while making sure to get all of the batter with a spatula. Then put the in the oven for 15 or more minutes and don't forget to check it with a cake skewer.

5. After all of the cupcakes are cooked pull them out of the oven carefully and put them on a drying rack.
6. Once all of the cupcakes are cool make the icing, ice the cupcakes and enjoy!

ICING

- 3/4 cup of icing sugar
- Food coloring (optional)
- 1 table spoon of butter
- 1/2 tea spoon of hot water
- (Mix all of them together)



INGREDIENTS

- 2 cups of self-raising flour
- 1/2 cup of milk
- 125g butter
- 3 eggs
- 1/2 teaspoon of vanilla essence
- 3/4 cup of sugar

EQUIPMENT

- 2 mixing bowls
- Measuring cups
- Spatula
- Cupcake tins
- Patty pans
- Electric beaters or whisk
- Oven
- Timer
- Cake skewer
- Spoon
- Knife



Choc Chip Cookies

By Violet Coleman



INGREDIENTS LIST

- 150g butter, softened
- 1/2 cup brown sugar
- 1 egg
- 1 tsp vanilla extract
- 1 3/4 cups plain flour
- 1/2 cup milk chocolate or dark chocolate

Extra chocolate on top



10 MINUTES



DIRECTIONS

1. Preheat oven to 180c put line trays in with baking paper.
2. Whisk in 150g of butter, softened and 1/2 of brown sugar.
3. Beat in 1 egg and 1tsp of vanilla extract.
4. Stir in 1 3/4 cups of plain flour and 1/2 cup of chocolate bites.
5. Roll mixture into balls. Press down lightly down on tray.
6. Bake for 16 to 18 minutes.

Spencer's

BANANA MUFFINS



PREPARATION

5 MINUTES



SERVES

12 PEOPLE

I like this recipe because it is
yummy.



EQUIPMENT

Mixing bowl and a fork and muffin
trays
Patty pans.

INGREDIENTS

2/3 CUPS OF BANANA
1 1/2 OF SELF RASING FLOUR
1/2 OF CASTER SUGAR
60G OF BUTTER
1/2 CUPS OF CHOC BITS
1 EGG
1/2 CUP OF MILK

DIRECTIONS

- 1.STIR FLOUR AND SUGAR.
- 2.RUB IN BUTTER UNTIL MIXTURE RESEMBLES FINE CRUMB.
- 3.ADD REST OF INGREDIENTS.
- 4.SEPARATE MIXTURE INTO PATTY PANS.
- 5.COOK AT 190 DEGREES FOR TWENTY MINUTES.
6. EAT LOTS AND ENJOY.



SERVINGS

10

PREP

15mins

COOK

25 min

DIFFICULTY

Easy



The Appealing Banana Bread

DIRECTIONS

Preheat oven to 180c. prep and Greece bread loaf tin.

Sift the flour and cinamon into your bowl. Mix the sugar in and make a well.

Mash the bananas and add the eggs,milk and butter. Add to the flour mixture.

Add the mixture to your tin and bake for 45-50 mins. Remove from the oven and allow to cool.

ENJOY YUM YUM YUMMY

INGREDIENTS

1. Melted butter, to grease
2. 265g self raising -flour
3. 40g plain flour
4. 1 tsp cinamon ground
5. 140g brown sugar
6. 2 overipe medium bananas, smashed
7. 2 eggs lightly wisked
8. 125ml skimmed milk
9. 50g butter, melted, cooled



SERVINGS

4

PREP

10 MIN

COOK

20

DIFFICULTY

ESEY



Picklets

by ivy Galvin

Equipment

BOWL
MEASURING CUP
SPOON
FRY PAN

Method

1. Beat eggs by hand
2. Add sugar salt and half a cup of milk then mix
3. Add flour and baking powder and fold them in
4. Add half a cup of milk
5. Add bi-carb and mix - use extra milk if needed
6. Spoon into the fry pan and cook until golden brown

INGREDIENTS

2 Eggs
A pinch of salt
1 and a half cups of flour
1 tablespoon of cream or baking powder
Half a cup of sugar
1 cup of milk
Half cup of self raising flour
1 tablespoon bi-carb soda

SERVINGS

16

PREP

5 min

COOK

40 min



Leilani's Vegemite and Cheese Scrolls

DIRECTIONS

- 1-Get 2 strips of pastry, a jar of vegemite and some cheese
- 2-Get out a knife
- 3-Spreed the vegemite on your pastry's
- 4-Sprinkle some cheese on top of your vegemite
- 5-Roll your pastry up
- 6-Cut your scrolls
- 7-Place them in the oven until they puff up and turn goldy
- 8-Take them out and let them cool down
- 9-ENJOY

INGREDIENTS

- 1-Cheese
- 2-Vegemite
- 3- Pastry

Leilani Keet



SERVINGS

12

PREP

15

COOK

45 min



Brilliant Banana Muffins

DIRECTIONS

In a large bowl, combine dry ingredients. In another bowl, mash the bananas. Add egg, oil and vanilla; mix well. Stir into the dry ingredients just until moistened. Fill greased or paper-lined muffin cups half full.

Bake at 375° for 18-22 minutes or until a toothpick inserted in the centre comes out clean. Cool for 10 minutes; remove from pan to a wire rack to cool completely.

INGREDIENTS

- 1 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 medium ripe bananas
- 1 large egg, room temperature
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract

Food waste tip: uses bananas that are about to get thrown away.

By Dawson

ATHENA'S SECRET STIRFRY SURPRISE



PREPARATION

20 minutes.



SERVES

4 to 5 people.

Equipment

- Frying pan
- Tongs
- Cutting board
- Hands
- Sharp knife

INGREDIENTS

- onion
- mushroom
- peas
- corn
- carrot
- capsicum
- noodles
- sauce
- broccoli
- vegetable oil



Food waste tip

You can use any meat and vegies.

You can use up any left-over vegies because vegies expire quickly.

METHOD

1. Turn on frying pan to hot.
2. Heat oil in frying pan.
3. Cut up the vegies, with a sharp knife.
4. Place vegies in frying pan .
5. Cook vegies and stir with tongs.
6. Add noodles to the frying pan.
7. Add stir fry sauce.
8. Cook more and stir, remember to stir at the very bottom to stop the sauce from sticking.
9. Eat



SERVINGS

1

PREP

5 min

COOK

5-10mins

DIFFICULTY

Easy



Prabhroop's Omelet 'n' Toast

DIRECTIONS

1. Crack your eggs into your bowl.
2. Add salt and red chilli powder.
3. Add onion and mix together well.
4. Heat up pan and add oil.
5. Pour egg mixture into the pan.
6. While your eggs are cooking, toast bread in the toaster.
7. When cooked, butter your toast.
8. Put the cooked egg in between your toast.
9. Add avocado if you wish.

INGREDIENTS

Half an onion
2-3 eggs
Pinch of red chilli powder
Pinch of salt
Bread
Butter
Olive oil spray

ITEMS

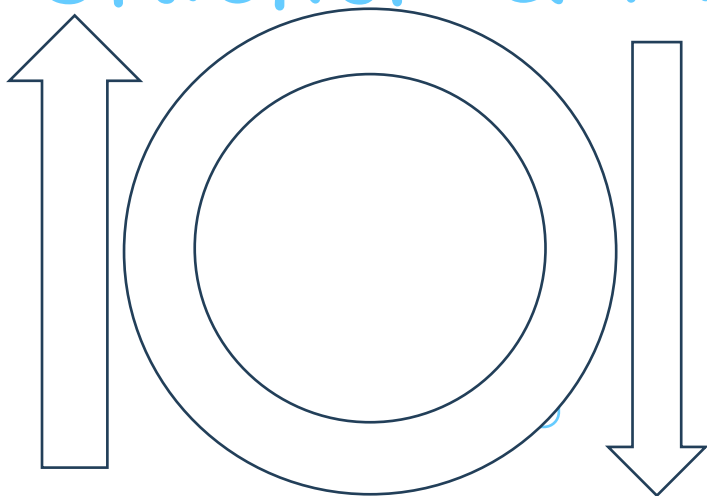
A working toaster
A working pan
A bowl

Food Waste Tip – use up eggs in your fridge.



Chicken & Rice

BY Belle



45 MINUTES

INGREDIENTS LIST

- * Chicken 1 packet
- * Potatoes X4
- * Rice, 1 cup
- * Coconut oil 1 tablespoon
- * All-purpose spice covering chicken
- * Chicken stock pan
- * 1table spoon Chicken stock powder

Food waste tip eat it before it goes bad.

1. Grab pan with lid put some coconut oil add the chicken and sprinkle some all-purpose spice then cook for 45 minutes occasionally turning so it doesn't burn.
2. Grab glass bowl with lid put the potatoes in just enough water to cover a 1 fourth of the potatoes then put in microwave for eight minutes.
3. Take potatoes out of the microwave & cut into wedges then put in the oven for fifteen to twenty minutes and watch so it does not burn.
4. Cook rice as per packet instructions add salt before water.
5. To make gravy get chicken stock in pan with chicken stock powder and stir until thick & pour able.



SERVINGS

4

PREP

5 min

COOK

35 min

DIFFICULTY

Medium



Ethan's Spaghetti Bolognese

DIRECTIONS

1. Place tomatoes in pot of water. Boil until skin splits. Then peel.
2. Heat oil in pan. Add onion and cook until soft.
3. Add mince and herbs and a pinch of salt.
4. Add tomatoes, tomato paste and balsamic vinegar.
5. Bring water to a boil. Add pasta and cook until al dente. Drain.
6. Grate cheese. Put spaghetti on a plate with the mince mixture on top. Sprinkle with cheese.
7. Eat and enjoy.

INGREDIENTS

1T olive oil
5 over ripe tomatoes
1 onion
1T tomato paste
500g pork/veal mince
1t mixed herbs
3 cloves garlic
Salt
Splash of balsamic vinegar
Cheese



SERVINGS

4

PREP

15 min

COOK

10 mins

DIFFICULTY

Medium



James' Mexican Burrito

DIRECTIONS

1. Heat frying pan to medium heat.
2. In batches cook beef for 3-4 minutes set aside.
3. Cook bean mix, corn and sauce.
4. Add beef and remaining sauce.
5. Roughly mash the avocados with lime juice.
6. Fill bread wraps with your beans. Add beef and cheese. Serve with salad leaves.

Food waste tip: use up ready to expire beef and lettuce leaves.

INGREDIENTS

500g heart smart beef stir fry
420g four bean mix
Pinch ground chilli
500g pasta sauce
2 avocados flesh removed
1 lime juiced
Packet of wraps
Grated cheese to serve
Mixed salad leaves to serve



SERVINGS

1

PREP

10 min

COOK

20 min

DIFFICULTY

Medium



NICE NACHOS!

BY PIPER SADLER

DIRECTIONS

1. Dice the onions and vegetables. Mince the garlic
2. Brown the mince in a frypan add vegetables and garlic then cook until soft.
3. Smash half of the avocado.
4. Put baking paper on the tray. Assemble corn chips.
5. Top with mince mixture and cheese. Grill until melted.
6. Once brown top with avocado, salsa and sour cream.

INGREDIENTS

- 200g of beef mince
- 1/4 of a onion
- 1/4 of a red capsicum
- 1/2 tsp crushed garlic
- 1/2 an avocado
- 1/4 cup of grated cheese
- 1/4 cup of salsa
- 1/4 cup of sour cream
- 1 1/2 cups of corn chips

Optional
Sweet chili sauce

Food Waste tip:

Use any veggies that are in your fridge so you can get rid of them.



SERVINGS

6

PREP

10 min

COOK

35 min

DIFFICULTY

Medium



Vegetable, ham and noodle cups!

DIRECTIONS

- Step 1: Preheat oven to 180 degrees Celsius. Lightly spray a tray of six-by-one cup muffin pans with olive oil.
- Step 2: Cook noodles as directed reserving the flavour sachets. Drain then rinse under cold water. Place in a bowl.
- Step 3: Add the flavour sachets, grated vegetables, egg, light sour cream, and ham.
- Step 4: Spoon equal portions in the muffin pans and top with cheese.
- Step 5: Bake for 30-35 minutes or until set.
- Step 6: Serve warm with vegetable sticks and tomato salsa.

INGREDIENTS

- 2 minute noodles (chicken flavour)
- 3 cups mixed vegetables
- 2 eggs lightly beaten
- ½ cup light sour cream
- ½ cup ham chopped
- ½ cup light tasty cheese
- Olive oil

EQUIPMENT

- Oven
- Muffin Tray
- Bowl (microwave safe)
- Grater

Tahi's Filling Fried Rice



PREPARATION

10-30 mins



SERVES

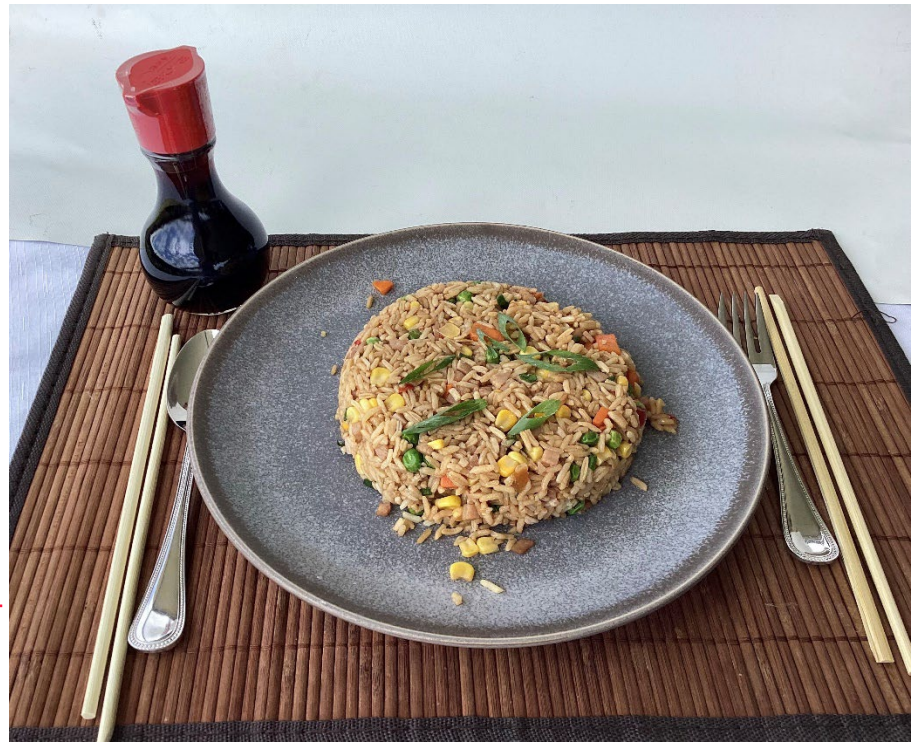
Four people

Equipment

- Frying pan
- Knife
- cutting board
- tablespoon measure
- 1 cup measure

Food waste tip

Use leftover cooked rice and add any leftover veggies.



INGREDIENTS

DIRECTIONS

- 3 cups of cooked rice or 1 to 1 ½ cups of uncooked rice.
- one cup of mixed vegetables of your choice.
- 3 rashers bacon diced.
- 2 tablespoons of soy sauce.
- olive oil.
- two shallots finally sliced.

1. If using uncooked rice, cook rice in boiling water for 12 minutes.
2. Heat oil in pan, add bacon and cook until golden brown.
3. Add vegetables and cook for four minutes while stirring.
4. Add rice and soy sauce, mix and cook until heated through.
5. Add shallots and cook for another minute.
6. Serve and enjoy!



SERVINGS

2

PREP

6 min

COOK

35 min

DIFFICULTY

Medium



Chilli Noodles

By Prisha

DIRECTIONS

1. Put the noodles in the water
2. Cut the veggies into slices
3. Add some sauce in the noodles
4. Add some salt for your taste
5. Boil the noodles until they are cooked
6. Serve into two bowls

INGREDIENTS

- 1 packet of noodles
- 1 capsicum
- 1 onion
- $\frac{1}{2}$ C chilli sauce
- $\frac{1}{2}$ C soy sauce
- 1T chilli flakes



GARLIC BREAD

by Hunter
Campbell

I've loved garlic bread since I can remember. And so I thought that it would be a great idea to share how to make it with all of you!



10-15 minutes



INGREDIENTS LIST

- .1 whole baguette or sour dough
 - top with garlic
 - occasionally with olive oil or butter
 - many include herbs
 - such as oregano or chives



DIRECTIONS

- 1 Start by grabbing a baguette or some sour dough then sprinkle with some garlic and if you want some olive oil and butter.
- 2 Many types of garlic bread include those lots also include herbs such as oregano or chives.
- 3 Bake in the oven at 180' for 8-10minutes until golden



SERVINGS

1

PREP

5 min

COOK

10 mins

DIFFICULTY

Easy



Maisy's Hot Dogs

DIRECTIONS

1. Get your ingredients ready
2. Grab your sausage
3. Put the sausage and put it on a plate
PS: make sure it is a glass plate!
4. Get a parent to help you with this-
set the microwave for 1 min and put
the plate in
5. While it's cooking, get a hot dog
bun, spread butter on it and put the
sausage on your bun put 1 tablespoon
of cheese and as much sauce as you
want!

INGREDIENTS

- 1 frankfurt sausage
- ¼C Shredded cheese
- 1 Hot dog bun
- As much tomato sauce as you
like
- 1 tbs of butter



SERVINGS

2

PREP

5 mins

COOK

20mins

DIFFICULTY

Medium



Joey's Jolly Fried Rice

DIRECTIONS

Cook rice al dante, drain and set aside.
Heat a little oil in the deep saucepan and add vegetables, onion and garlic and or ginger.
Add bacon and half of soy sauce, mix well.
Add cooked rice, roast chicken, sprinkle chicken stock and remainder soy sauce and add salt and pepper to taste.

INGREDIENTS

4 cups rice-cook, drained and cooled.
1 cup Diced zucchini.
1 cup diced carrot.
1 cup diced onion.
1 cup diced bacon.
1 cup chopped cooked roasted chicken meat.
½ cup chopped broccoli
½ cup peas/corn
¼ cup diced capsicum
¼ cup chopped mushrooms
3 tsp minced garlic/ginger
¼ cup soy sauce 3 tsp chicken stock

Fish 'n' chips

Jacob's recipe



Chef Notes

My mum and Jacob/me

INGREDIENTS

Breadcrumbs
Washed potatoes.
Olive oil
Plain flour
Eggs whisked
Fish (gummy shark works best)

DIRECTIONS

1. Put whisked eggs in a bowl and do the same with breadcrumbs and flour but put them in separate bowls.
2. Get an oven tray and preheat the oven to 220.C
3. Dip the fish in the three bowls in order of flour, egg, then the breadcrumbs.
4. Cut the potatoes in to chips and put into a bowl of cold water.
5. Microwave chips on high for about 5-8 minutes.
6. On a separate baking tray, put the chips on baking tray, drizzle with olive oil.
7. Put the fish and chips into oven. Cook both for 15-20 minutes. Take the fish out and leave the chips in for 5 more minutes until they are golden.
8. Take the chips out, put on plate. Enjoy!



SERVINGS

15

PREP

30 mins

COOK

30 mins

DIFFICULTY

Medium



Luke's Zucchini Slice

DIRECTIONS

1. Heat oven to 170 degrees c
2. Chop bacon and onion
3. Grate zucchini and cheese
4. Add all ingredients to a bowl and mix well
5. Grease a baking tray and pour mixture into it.
6. Cook for 30 minutes.
7. Eat and enjoy.

INGREDIENTS

5 eggs
1C self-raising flour
300g zucchini
1 onion
200g bacon
1C cheese
60ml vegetable oil

Rice Mice Garden

by Zaylia 4B



PREPARATION
18 MINUTES



SERVES
1 PERSON

FACTS

Did you know that rice is the second most healthiest food on the food pyramid. And did you know almost all the food we eat ends up in the rubbish

COOKS WORDS

The 'rice mice garden' is for a little kids lunch. It has fruit and veg like carrots and cucumber and lettuce. It also has rice on it.



INGREDIENTS

Basmati rice 1 cup

Lettuce 1 piece

Baby cucumber 1

Baby carrot 1

Parsley 4 little pieces

DIRECTIONS

Make rice – put the rice in a microwave safe bowl. And put the rice in the microwave for 17 every couple minutes pull the rice out and mix its.

Wash peel cut - wash the carrot and cucumber under water. Then peel the carrot till the skin is peeled off. Then cut the carrot cucumber into circles and 1 carrot stick and cut a whole carrot circle in half for the ears.

Decorate and shape – decorate the plate with lettuce and the cut cucumber and carrot goes on top of the lettuce. Then shape the rice into a body for your mice and then put the carrot stick on the back of the rice for a tail then the 2 carrot ears for the mice's ears.

By Max Keirnan

Pizza Scrolls



INGREDIENTS

1x sheet puff pastry
4 tablespoons of pizza sauce or tomato paste
1 cup diced ham
1 cup grated cheese

PREPARATION STEPS

1. Preheat oven to 180 degrees line tray with baking paper
2. Spread pizza sauce onto puff pastry, sprinkle cheese and diced ham
3. Roll pastry in a log and cut into 8 equal pieces
4. Place each scroll into tray
5. Bake for approx 20 min or until gold crisp

ENJOY!!!!!!



BLAKE F'S PIZZA.

HOMEMADE PIZZA



PREPARATION

45 MINUTES



PIZZA

8 SLICES!!!

FOOD WASTE TIPS!

1. Eat your leftovers.
2. Eat Your food!

CHEFF'S WORDS

Try it - it's amazing!



INGREDIENTS

1 PACKAGE (25 ounce) active
dry yeast
1 tsp granulated sugar
1 cup warm water (110 – 115°F)
2-1/2 cups bread flour
2 tbsp. olive oil
1 tsp of salt

DIRECTIONS

STEPS

- Mix yeast + sugar in warm water.
- Let stand for 15 minutes until froths.
- Add Flour, Oil + salt.
- Knead to a soft dough.
- Set aside + let rise! (30 minutes)'
- Knock Back + roll out the pizza shape.
- Add topping (pizza sauce)
- Pepperoni + cheese.
- Bake 15 – 20 minutes at 120° degrees.





Spectacular Zucchini Slice by Daly

Food waste tip

The food waste tip is you can use old or the ends of the zucchini and grate it up and then you put it in a bowl with all the other ingredients. As well as that you also use the ends of the carrot or the skin that you don't normally eat.



20-25 minutes



Ingredients

- 8-10 eggs
- 2 slices of bacon
- 1 zucchini
- 1 carrot
- 1/3 cup of flour
- 1/4 cup of vegetable oil
- Grated cheese
- Salt and pepper



Method

1. Mix eggs into bowl
2. Grate zucchini
3. Chop bacon into small pieces
4. Sift flour
5. Add vegetable oil
6. Add salt and pepper
7. Mix all ingredients into one bowl
8. Pour mixture into a greased slice pan and top with grated cheese
9. Bake for 20-25 minutes

Caleb Drake's Delicious Hot Dogs.



PREPARATION
10 MINUTES



SERVES
3 PERSONS

Cooking time
7 minutes

Equipment

- . 3 plates
- . Saucepan
- . Microwave
- . Stove
- . Tongs
- . Knife
- . Paper towel

INGREDIENTS

- Abbotts Bakery gluten free bread
- Mild block cheese
- Cleavers organic beef hotdogs
- Ozesause All Natural tomato sauce
- Water

Procedure

1. Take the sausages out of the packet and put them in the saucepan
2. Fill the saucepan halfway with water
3. Turn the stove on to low to medium heat and simmer
4. For 6 minutes
5. Turn the stove off then use the tongs to carefully take out sausages and put them on the paper towel to drain
6. Take 6 slices of bread out of the packet. Put 2 slices on each plate
7. Cut 6 thin slices of cheese then put 1 slice on each piece of bread
8. Place the plate in the microwave and cook on high for 30 seconds
9. Take the plate out of the microwave and put on benchtop repeat the above step with the other 2 plates
10. Put 1 sausage on each slice of bread
11. Squeeze the tomato sauce over the sausages.



How it Addresses food waste & healthy eating

It uses minimal ingredients and uses bread, one of the most wasted foods in the world. It uses organic food. Cheese which contains dairy and is high in calcium. It is also high in protein high in protein from the sausages. The bread is high in carbohydrates, which help with energy.

By Caleb Drake



Hudson's Delightful Chicken Sushi

FOOD WASTE TIP:
It uses chicken before it goes yuck.



Prep time:
5 mins
Cook time:
25 mins.



DIRECTIONS

1. Cook rice until it boils.
2. Meanwhile, chop fillings into strips or sticks.
3. Mix sugar and vinegar.
4. On your sushi bamboo mat, spread out 1 sheet of nori.



INGREDIENTS LIST

- Roasted seaweed-Sushi Nori
- Sushi rice vinegar
- Sushi ginger
- Wasabi paste.
- Soy sauce

5. Cover it as thinly as you can with the rice mixture.
6. In the center of the nori, lay out horizontal lines of your filling.
7. Roll and slice.



Senne's Scrumptious Stuffed Tomatoes

Food waste tips

You can use old bread that is toasted for breadcrumbs.



Cook time
45min



DIRECTIONS

1. Cut the onion in small pieces and bake it.
2. Mix the mince meat with the eggs and onion in the bowl.
3. Knead the mixture with the breadcrumbs.
4. Cut a hole at the top of the tomatoes and take the insides out.
5. Fill the tomatoes with the mince and place them in the baking dish.
6. Bake for 45minutes and serve two tomatoes each.



INGREDIENTS LIST

- 10 big tomatoes
- 750g mince meat
- 1/2 onion
- Breadcrumbs
- 2 eggs
- Herbs



EQUIPMENT LIST

- Glass baking dish
- Knife
- Small spoon
- Oven
- bowl



Prep time
30min



SERVINGS

12

PREP

30 min

COOK

4-5 hours

DIFFICULTY

Medium



Joshua's NO Bake Cheesecake

DIRECTIONS

1: In a large bowl, put cream cheese, powdered sugar and vanilla extract. Beat until smooth. Add heavy cream and beat to medium stiff peaks. Set aside.

2: Dip the biscuits in milk and put in the glass tray, then spread half the cream over the biscuit layer, add another biscuit layer, then spread the rest of the cream on the biscuit layer. Arrange the last layer of biscuits on top.

3: Cover the dish with plastic wrap in the fridge for 4 hrs.

4: Chop the dark chocolate and put it in a heat proof bowl. Heat the cream in a small pot on medium heat and then put it on low heat until simmering. Pour the hot cream over the chocolate. Let it sit for 2 minutes until smooth.

5: Pour the chocolate ganache on top of the cake. Spread evenly and put it in the fridge for 1 hour.

INGREDIENTS

**400g of biscuits.
2/3 cups of milk.
2½ cups cream cheese.
1/3 cup heavy cream.
¾ cup powdered sugar.
100g dark chocolate.**

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

By using up leftover biscuits and cream cheese.



SERVINGS

9

PREP

10 MINS

COOK

60 MINS

DIFFICULTY

Medium



BANANA PUDDING AYDEN B.

DERECTIONS

In a large bowl whisk milk, butter, vanilla, cinnamon, sugar and eggs.

Cut stale bread into cubes add to milk mixture.

Let it stand for 20 mins or until bread absorbs most of the mixture.

Add mashed banana mix it well.

Pour it in to a pan bake 180 degrees for one hour or until a knife comes out clean.

INGREDIENTS

1-5 loaf of white bread
2C evaporated milk
2 table spoons of butter
1 or 2 table spoons of vanilla
4 beaten eggs
½ tablespoon of cinnamon
1 cup of sugar
2 mashed bananas



FOOD WASTE TIP

You can use bruised mangoes that you don't want to eat. You can also use biscuits that get crushed in the cupboard and use up cream that may be going off.

SERVINGS

6-8

Prep time

1hrs

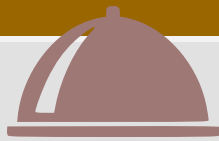
Set time

About 1hr 30mins

Difficulty

medium

Blake's Marvelous Mango Cheesecake



DIRECTIONS

1. Combine biscuit crumbs, nuts and butter in a bowl; mix well.
2. Press evenly over the base of a greased 20cm spring form pan; refrigerate for 30 mins.
3. Process cream cheese and half the mango until smooth – add cream – process 1min.
4. Dissolve gelatine in water over hot water, cool to room temperature.
5. Add gelatine to mango mixture- process until combined.
6. Pour mixture into large bowl stir in remaining mangoes.
7. Pour mixture over biscuit base.
8. Refrigerate about 1- 2 hrs or until set.
9. Decorate with extra whipped cream and mango slices if preferred.



INGREDIENTS

- ~ 1 cup biscuit crumbs
- ~ 1 cup finely chopped pecans or walnuts
- ~ 75g butter melted
- ~ 250g cream cheese softened
- ~ 3 mangoes peeled and chopped
- ~ 300ml carton thickened cream
- ~ 1tblspn gelatine
- ~ 1/4 cup water
- ~ whipped cream

Equipment

- ~ 2 bowls [1 large]
- ~ 20cm spring form pan
- ~ food processor
- ~ fridge
- ~ kettle





SERVINGS

4

PREP

25 min

FREEZE

3-4 hours

DIFFICULTY

Easy



Caitlin's Soothing Sorbet

DIRECTIONS

- 1 First cut up all the strawberries up. Cut off the leaves then cut them in half.
- 2 Then put them in the freezer to freeze.
- 3 Cut up 1 lemon and squeeze the lemon juice out.
- 4 Then put the lemon juice into an ice mold then freeze until frozen.
- 5 Then put the strawberries and lemon in the blender and add 1 tablespoon of honey then blend it.
- 6 Now put the sorbet into small mini bowls.

ENJOY!!!

BY CAITLIN MACNEILL

INGREDIENTS

- 1 LEMON X 1
- 2 A PUNNET OF STAWBERRIES
- 3 HONEY

TOOLS

- 1 TRAY
- 2 ICE CUBE MOLD
- 3 FREEZER
- 4 BLENDER

Oats Pancakes

By Anvit Gowda 4B



PREPARATION

10 MINUTES



SERVES

2 PEOPLE



FACTS

Oats pancake is a very healthy and yummy breakfast, and it is very easy to make. I hope you enjoy.

CHEFF'S WORDS

One of my most favorite breakfast is oats pancakes because it is easy to make, and it is very healthy trust me you will like it.

INGREDIENTS

- One cup of rolled oats
- One ripped banana
- One egg
- Pinch of cinnamon
- Touch of vanilla extract
- Half a cup of milk
- Maple syrup
- Butter

DIRECTIONS

- Step 1; Take a blender and plug it to the wall.
Step 2; Add all the ingredients in the blender.
Step 3; Blend it until smooth consistency.
Step 4; Put the batter in to a bowl.
Step 5; Take a pan, add butter and pour the batter.
Step 6; Flip the pancake over to cook the other side, add maple syrup and enjoy.



SERVINGS

12

PREP

10 min

DIFFICULTY

Easy



Grinch Skewers

ADDISON YOUNG

DIRECTIONS

Wash hands, place all ingredients into a separate bowl except the banana.

Peel the banana and then chop it into 12 slices.

Slice the top of the grapes off and do the same with the strawberries.

Arrange the following ingredients onto a Skewer.

Repeat with remaining ingredients until you have all 12 GRINCH SKEWERS.

Serve and enjoy (:

INGREDIENTS

1. 1 Banana
2. Strawberries
3. Green grapes
4. Mini marshmallows
5. Bamboo skewers

Banana Pancakes

By Scarlett Terry



PREPARATION

4 minutes



SERVES

12 people



NUTRITION FACTS

- **Per Serving:** Cholesterol 15mg 5%
Total Fat 3.5g 4%
- Saturated Fat 1.2g 6%
- Trans Fat 0.1g



CHEFF'S WORDS

People began using the word "pancake" during the 15th century, and the word became standard in 19th century America. Previously, people referred to them as Indian cakes, hoe cakes, johnnycakes, journey cakes, buckwheat cakes, griddle cakes, and flapjacks.

INGREDIENTS

1 cup of self-rising flour
1 cup of milk
1 egg
2 bananas



DIRECTIONS

Step 1: Add bananas in bowl mix egg into bowl, pour the milk into the bowl
Step 2: In separate larger bowl sift the flour, make a well in the middle of the bowl wet ingredients, then mix to combine
Step 3: Heat pan at medium setting
Step 4: Add oil
Step 5: Spoon mixture into pan until it's is about 10cm round and cook until bubble form
Step 6: Flip pancakes cook for a further 1 minute



SERVINGS

12

PREP

5 min

COOK

10 min

DIFFICULTY

Medium



Xavier's Chocolate Pizza

DIRECTIONS

1. Make or bake pizza dough
2. Cover pizza base in Nutella
3. Add strawberries and chocolate pieces
4. Put in oven at 180 for 10 mins
5. Use pizza cutter to cut into 12 pieces
6. Serve

INGREDIENTS

- . 1 Pizza base
- Nutella
- . strawberries
- . chocolate pieces

Food waste tip:

Don't waste good pizza bases.

Use strawberries before they go bad.

APPLE CRUMBLE

BY MASON PRICE



PREP TIME
20 MINUTES



SERVES
8 PERSONS



CHEF'S WORDS

Mason says that this is the best desert ever. It taste delicious.

INGREDIENTS

8 apples (or other old fruit)
4 weet-bix crushed up
½ cup rolled oats

DIRECTIONS

1. Cut and stew apples in a little water
2. Put apples in a casserole dish
3. Combine all other ingredients
4. Mix well, the mixture will look dry
5. Press crumble topping onto fruit
6. Bake at 180 degrees for 30 minutes or until brown
7. Serve



SERVINGS

2-4

PREP

5 min

COOK

15 mins

DIFFICULTY

Medium



Fluffy Delicious Pancakes!

BY LAYLA

DIRECTIONS

1. In a large mixing bowl, combine flour, baking powder and sugar.
2. Stir in milk, melted butter, egg and vanilla extract. Mix to ensure ingredients are well combined.
3. Heat pan to medium. Scoop 1/3 of the batter into the middle of the pan.
4. Wait until it starts to bubble, and edges are golden until you can flip. Keep cooking until both sides are golden.
5. Dish up and then add optional fruit, Nutella, whipped cream or powdered sugar. You can also pair with a drink or juice. Then you're done!

INGREDIENTS

1 ¼ cup all-purpose flour
1 cup milk
2 tbs melted butter
2 tsp baking powder
2 tbs white sugar
1 egg
¼ tsp vanilla extract

Optional toppings:

Nutella
Fruit
Whipped cream
Powdered sugar

Optional drink or juice

Food waste tip: Use eggs, fruit, milk or butter before going off to reduce the amount of food getting thrown out.



SERVINGS

16

PREP

10 min

COOK

45 min

DIFFICULTY

Medium



Mason's Brownies

DIRECTIONS

1. Turn on the oven to 180 degrees
2. Line a 20cm square tin
3. Melt butter and chocolate chips in microwave
4. Add sugar, vanilla and eggs and milk
5. Add flour, cocoa, salt and stir in chopped chocolate.
6. Pour in to pan
7. Bake for 24mins

INGREDIENTS

200g unsalted butter
200g dark chocolate chips
175g brown sugar
3 eggs lightly beaten
1tsp vanilla
75g plain flour
30g cocoa powder
Pinch of salt
180g dark chocolate



Baked Apple Pies

These are an Enjoyable snack to have for morning tea or desert and can be served with multiple toppings!



35 Minutes



INGREDIENTS LIST

- 6 large apples
- 3/4 cup of brown sugar, firmly packed
- 1/2 cup of raisins, chopped
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon nutmeg
- 1 tablespoon butter
- 1 sheet puff pastry [or any leftover puff pastry you have]



DIRECTIONS

1. Preheat oven to 200 degrees
2. Wash and core the apples, cut a small round off the top to give you access to the flesh. Remove the apple flesh and dice into small pieces.
3. Place apples in a shallow baking dish.
4. Combine apple flesh, brown sugar, raisins, cinnamon and nutmeg into a small bowl and fill the center of each apple with the mixture

and dot with 1/2 teaspoon of butter.

5. Cut the pastry into thin, 5cm strips and make lattice with the strips on top of each apple.

6. Bake uncovered at 200 degrees for about 30min or until apples are tender and the pastry has browned and gone puffy.

Enjoy with ice-cream of choice or whipped cream and can also be enjoyed with custard!



SERVINGS

4

PREP

5 min

COOK

10 mins

DIFFICULTY

Easy

Pipers Perfect Berry Pancakes

DIRECTIONS

1. Mix your milk and vinegar together.
2. In a bowl mix all dry ingredients (mix until combined)
3. Add butter and milk and whisk.
4. Stir in the berries.
5. Heat pan to medium and add butter.
6. Cook pancakes in pan for 1-2 minutes, repeat until all batter is gone.

INGREDIENTS

1 cup berries
¾ cup milk
2T white vinegar
1 cup white flour
½ T baking soda
3 T melted butter
Save 1T butter for the pan

EQUIPMENT

2 bowls
A whisk
Microwave
Measuring cup
Spoons
Spatula
Pan

Food Waste Tip: use up any old berries you may have in the fridge.



Golden Syrup Dumplings

By Jack



45 MINUTES



INGREDIENTS LIST

Dumplings

1 C self-raising flour
3T sugar
1 egg
1 ½ T butter

Syrup

4C boiling water
1C sugar
2T butter
6T golden syrup



DIRECTIONS

1. Mix dumpling ingredients together in a bowl to make a dough.
2. Roll dough into golf sized balls.
3. Add syrup ingredients to a saucepan and bring to a boil.
4. Add dumplings to the syrup for 20mins on simmer.
5. Plate dumplings and add ice-cream and eat.

FOOD WASTE TIP –

Use up eggs that are nearly ready to expire.



SERVINGS

2

PREP

15 min

COOK

20 min

DIFFICULTY

Medium



STRAWBERRY PANCAKES

DIRECTIONS

STEP 1-Mix flour and salt in a bowl. Then add the egg.

STEP 2-Stir with a wooden spoon and add milk slowly until all the flour is worked in.

STEP 3-Beat well and add the remaining milk batter is ready to use.

STEP 4-Heat frying pan with some oil. When it starts to smoke add a ladle full of pancake mixture to pan.

STEP 5-When underneath the pancake starts to turn brown, turn it over. Once finished put on some strawberry jam and sprinkle on cut up strawberries.

STEP 6-Enjoy eating and I hope you like this recipe.

INGREDIENTS

100g of plain flour

A pinch of salt

1 medium egg

300ml of milk

1 punnet of strawberries

1 jar of strawberry jam-add to taste

1 weighing scale

1 wooden spoon

1 glass bowl

1 frying pan

1 measuring jug

1 ladle