

BEAUTIFUL BANANAS

RECIPE CARD 1

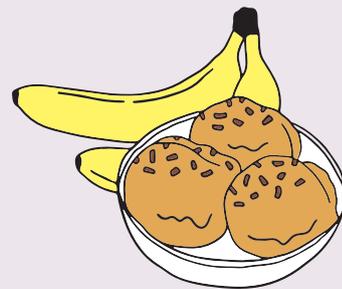
Why we need to think about food waste

Where do you think most of the food waste comes from? Almost half of all the food that ends up being thrown away has actually come from people's houses. It's the food we don't get around to eating in time or the large amounts of food we've prepared but can't finish. But it does not have to be this way. We have some delicious and easy to follow recipes to help you love your food for longer!

Quick peanut butter & banana ice cream

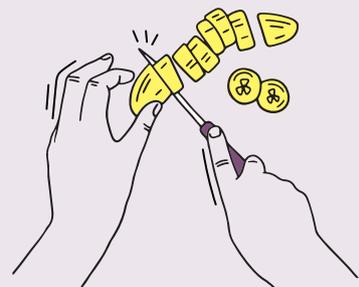
You will need

3 Ripe Bananas
400ml tin of sweetened condensed milk
X tablespoons of chunky peanut butter



How to make it

- 1 Peel and chop the bananas into 1cm discs and pop into airtight boxes to freeze.
- 2 Add the slices of frozen banana, condensed milk and peanut butter to a food processor and blend until you have a smooth mixture. If it looks too thick, you can add a little milk.
- 3 Spoon the mixture to a freezer-proof dish and freeze until hard.
- 4 Take out of the freezer 5 mins before serving and cover with grated chocolate (optional).
- 5 Scoop and enjoy!



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Banana Pancakes

You will need

350g self-raising flour	Salt
1 tsp baking powder	150ml whole milk
2 very ripe bananas	Butter for frying
2 eggs	



How to make it

- 1 Heat up the oven to a low temperature.
- 2 Sieve the flour, baking powder and a pinch of salt into a large bowl.
- 3 In a separate mixing bowl, mash the very ripe bananas with a fork until smooth, then whisk in the eggs and milk.
- 4 Make a dip in the centre of the flour mixture. Now tip in the banana, milk and eggs. Whisk together to create a smooth, silky mixture of batter.
- 5 Heat a little knob of butter in a large non-stick pan over a medium heat. Add 2-3 tablespoons of the batter to the pan and cook for several minutes, or until small bubbles start appearing on the surface. Flip the pancake over and cook for 1-2 mins on the other side.
- 6 Pop the pancake onto a plate to keep warm in the oven while you cook the rest.
- 7 Stack the pancakes on plates and top with the banana slices, a glug of sticky maple syrup and a handful of pecan nuts, if you like.

