

Feed Bellies, Not Bins!



Apples

How many times have you bought a bag of carrots and then struggled to use them all before they've gone bendy?

Or bought a bag of apples, forgetting you've not eaten last week's yet?

Be inspired to use it all and lighten the load for the recycle bin collectors.

Potato Salad

Ingredients:

- Apples
- New potatoes (approx. 3-4 per person) or regular potatoes (1 per person)
- 100g Natural or Greek style yoghurt
- Squirt of lemon juice (approx. 1 tablespoon)
- Salt and pepper

Method:

- 1) Fill the kettle and put it onto boil
- 2) Chop potatoes into small-ish chunks – about 1-inch cubes
- 3) Place potatoes in the saucepan and cover with boiling water. Allow to simmer until just soft – approx. 15 minutes.
- 4) Once cooked, drain potatoes. Either you can leave these to cool for a while (at least 1 hr) or you can run them under cold water for a minute or 2. Make sure they are drained well before moving on.
- 5) Chop apples into small chunks (about 1cm cubes) – no need to peel first! The skins are full of healthy fibre.
- 6) Place potatoes and apple chunks into a mixing bowl, and add yoghurt and lemon juice.
- 7) Mix well, and add salt and pepper to taste.

Stewed Apples

Ingredients:

- Apples – as many as you like!
- Ground cinnamon and/or mixed spice
- You would only need a sprinkle of sugar if you are using cooking apples, but no need for regular eating apples

Method:

Chop up your apples into 1cm cubes – no need to peel, just leave them as they are.

Pop them into a saucepan and add a tiny dash of cold water - literally just a splash.

Sprinkle over your spices and mix in

Cook them gently over a low-medium heat, until they start to soften and go sticky. You'll need to stir them regularly, and they'll take about 15-20 minutes to cook.

Remove from the heat and either:

- Serve immediately with yoghurt for a delicious pudding
- Serve immediately with porridge for a filling breakfast
- Leave to cool and store in the fridge, and add to overnight oats for a sticky and sweet cold breakfast

