

Feed Bellies, Not Bins!



Bananas

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.

This time, we look at bananas...

Banana Sandwich

Breakfast, lunch, a large snack... you can't beat it!

Optional: spread peanut butter on your bread first for a delicious PB+B combo.

Either mash or slice your banana for your sandwich. The ultimate fast track is to use a wrap – no slicing needed, simply wrap your banana whole!

You could also pop your banana on toast for a crunchy breakfast alternative.

Banana Biscuits/Flapjack

Ingredients (makes 10 biscuits/small tray):

- 140g plain porridge/rolled oats
- 2 ripe bananas (will **not** work well if unripe – the softer the better)

SWAP: bananas for 2 tbsp peanut butter + 1 tbsp honey

- Optional – raisins, chopped nuts, sunflower seeds, chocolate chips



Method:

1. Peel bananas, break or slice roughly into chunks and place in a bowl
2. Using a fork, mash the bananas until they are like a puree
3. Add the oats (and optional extras if using) and mix until completely combined
4. For biscuits, divide mixture and place onto lined/greased baking tray, and shape into circles using your hands or a fork. Bake at 180C for 10-15 minutes.
5. For flapjacks, press whole mixture down into a lined baking dish, and bake for 15-20 minutes.

Banana Pancakes

How to step up your brunch game? Banana pancakes.

Ingredients:

- Ripe banana (½-1 per person)
- Eggs (1-2 per person)
- Oats (approx. 30g/1 handful per person) or wholemeal flour (approx. 30g per person)
- Baking powder (about ½ teaspoon) – not essential

Method 1 (manual):

1. Peel the bananas, break or slice roughly into chunks and place in a bowl.
2. Using a fork, mash the bananas until they are like a puree.
3. Crack the eggs into the bowl and beat them into the banana mash.
4. Add the oats or flour (and baking powder if using) and mix until well combined.

Method 2 (blender):

1. Add oats to a food processor or smoothie maker, and pulse until broken down into a flour-like texture.
2. Peel the bananas and add to oats. Crack eggs into mixture.
3. Blend until a smooth batter is formed.
4. Add baking powder if using and pulse 2-3 times to mix in.

To cook:

- Heat a little oil or butter in a frying pan and pour batter into pan.
- You can make large thin pancakes like crepes, or small, thicker ones.
- Leave to cook for 3-4 minutes until golden underneath, then flip to other side.
- Cook until both sides are golden, then serve.
- Serve with your choice of honey, maple syrup, peanut butter or yoghurt, with mixed berries or sliced fruit.

Banana Blondies

Ingredients:

- 2-3 ripe bananas, peeled
- Tin of chickpeas, drained and rinsed
- 2 tbsp honey or maple syrup
- 2-3 tbsp peanut butter (or other nut butter)
- Pinch of baking powder (about ½ a teaspoon)
- Optional extras:
 - Handful of raisins
 - Handful of chocolate chips or chopped dark chocolate (about 4 squares)

Method:

1. Place all ingredients (except chocolate and raisins) into a food processor or smoothie maker and blitz until a smooth batter is formed.
2. Add the raisins/chocolate and pulse a few times to mix in.
3. If you don't have a food processor, mash the chickpeas and bananas together in a large bowl, then mix in the rest of the ingredients until well combined (you may need to warm the honey/syrup and peanut butter in the microwave to soften first).
4. Line a baking tin with greaseproof paper (or a muffin tray with cases)
5. Pour the mixture into the baking tin or muffin cases and place in the oven at 180-200°C for 30-40 minutes (slightly less for muffins) – until golden.
6. Once cooked, turn out from tin or remove muffins from tray and place on a rack to cool.
7. Enjoy your delicious cakes!