



Leftover Makeover

# RECIPES



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### Food waste is a bigger problem than we think!

The NSW EPA conducted the 2009 Food Waste Avoidance Benchmark study that revealed NSW households throw away more than \$2.5 billion dollars' worth of food each year. That is a potential saving of \$1,036 per household, not to mention the water, energy, transportation and time factors!

We are all trying to do our bit to reduce our impact on the environment by purchasing energy efficient vehicles, being water wise and recycling more. But we can also help the environment by reducing our food waste. Food waste is a much bigger problem than we think, as the methane gas given off when food breaks down is 25 times more potent to our environment than carbon dioxide (CO<sub>2</sub>).

Help minimise food waste in your home by enjoying the following recipes and sharing them with friends and family!

#### Message from our LOMO Cook

This Recipe Book is designed to be used as a handy reference when you are trying to use up your leftover ingredients. I have created these recipes to be highly adaptable to the many fruits, vegetables or meat you have that need to be used up.

The recipes included are what I would call 'Master' recipes. They work very well if you make them exactly as written and are very forgiving when it comes to changes like swapping ingredients.

At the bottom of most recipes are example 'Recipe Variations' where I have given you many ideas on ingredients that can be swapped for ingredients in the recipe. I'm sure there will be many recipes that you will enjoy.

Sabel Hunter, Fresh Cafe Catering

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## SNACKS

# BEEF & VEGETABLE BITES

This is a great recipe for leftover vegetables.

### Ingredients:

Makes 20 meatballs

- |   |   |
|---|---|
| <input type="checkbox"/> 500g beef mince              | <input type="checkbox"/> ½ cup grated parmesan cheese |
| <input type="checkbox"/> 1 cup of leftover vegetables | <input type="checkbox"/> 1 teaspoon dried thyme       |
| <input type="checkbox"/> 1 cup home-made bread crumbs | <input type="checkbox"/> ½ teaspoon of salt           |
| <input type="checkbox"/> 2 eggs                       | <input type="checkbox"/> ½ teaspoon of pepper         |

### Method:

1. Place leftover vegetables (i.e. capsicum, celery, carrot, zucchini or pumpkin) into a food processor and finely chop
2. Place mince into a large mixing bowl. Add all ingredients and mix well
3. Roll level tablespoons of mixture into balls
4. Heat 2 tablespoons of oil in a large saucepan and cook meatballs in batches, until browned or alternatively place all the meatballs in a single layer on a baking tray and bake at 200°C for 20 minutes.

### SERVING SUGGESTIONS

- Serve with a salad and your favourite dipping sauce
- Serve with Pasta Napoletana
- Instead of rolling into balls, make into patties for hamburgers.



## CHEESY HAM PARCELS

This is a great recipe for leftover ham or cheese.

### Ingredients:

Makes 36 parcels

- |   |   |
|---|---|
| <input type="checkbox"/> 1 cup ham diced      | <input type="checkbox"/> ½ teaspoon dried oregano |
| <input type="checkbox"/> 1 small onion diced  | <input type="checkbox"/> 4 sheets puff pastry     |
| <input type="checkbox"/> 1½ cup grated cheese |   |
| <input type="checkbox"/> ¼ cup tomato paste   |   |

### Method:

1. Preheat oven to 170°C
2. Mix together ham, onion, cheese, tomato paste and oregano
3. Cut each pastry sheet into 9 squares
4. Spray muffin pan with oil and place pastry squares in pan
5. Place a tablespoon of mixture into each case
6. Bake for approximately 20 minutes or until golden.

### Recipe Variations:

- Use any of your favourite pizza toppings
- Use leftover cooked vegetables like pumpkin mashed up with fetta and roast onion
- Substitute ham with leftover roast pork, try with hoisin sauce instead of tomato paste
- Substitute ham with roast chicken, try with BBQ sauce instead of tomato paste
- You could use peaches/nectarines - remove skin and chop flesh first.



## MEALS

# GOURMET SANDWICHES

This is a great recipe for leftover meats.

### Ingredients:

Serves 6 people

#### Bread and filling:

- 6 small Turkish breads
- 2 cups rocket lettuce
- 500g leftover BBQ chicken (hot or cold)

#### Peri Peri Mayonnaise:

- ½ cup mayonnaise
- ¼ cup peri peri sauce
- 1 clove crushed garlic
- Salt and pepper

### Method:

1. Cut the bread in half and toast lightly under the grill or sandwich press
2. Make the peri peri mayonnaise by combining mayonnaise, peri peri, garlic, salt and pepper
3. Spread mayonnaise on Turkish bread base and lid, add rocket, chicken and put lid on top.

### Recipe Variations:

- Substitute any leftover steak or sausage for the chicken. Slicing thinly is essential.



# MINISTRONE SOUP

This is a great recipe for leftover vegetables.

## Ingredients:

- 50g butter or oil
- 1 onion diced
- 1 carrot diced
- 1 stalk celery diced
- 1 tablespoon tomato paste
- 2 litres chicken stock
- 1 potato diced
- 1 can haricot beans
- 2 tablespoons small pasta
- 1 tomato diced
- 2 tablespoons peas
- 1 clove garlic crushed
- 1 tablespoon parsley chopped

## Method:

1. Melt butter, add onion, carrot, celery and sauté, stirring occasionally
2. Add tomato paste and cook for a further 2 minutes
3. Add stock and potato, bring to the boil and simmer for 10 minutes
4. Add beans, pasta, tomato and peas. Continue to simmer until ingredients are tender, approximately 5 minutes

5. Add garlic and parsley to simmering soup. Stir and then turn off immediately.

## Recipe Variations:

- Substitute: step 1 with leeks, cabbage, turnips, step 3 with beef or vegetable stock or step 4 with any canned bean or corn.

## STORAGE SUGGESTIONS

- This soup freezes well, ideally freeze in your desired portion size.



## WINTER SOUP

This recipe is a great way to use up leftover vegetables.

### Ingredients:

- 50g butter
- 2 medium brown onions diced
- 1 small butternut pumpkin peeled and diced
- 2 medium carrots peeled and chopped
- 2 potatoes peeled and chopped
- 1.5 litres chicken stock

### Method:

- 1.** On low heat, melt butter in a large saucepan with onion and soften until it reaches a light brown colour, about 15 minutes
- 2.** Add remaining vegetables and cover with stock. Simmer for approximately 30 minutes or until the vegetables become very soft. Blend with a stick blender until smooth. Add salt and pepper to taste.

### Recipe Variations:

- For a creamy, richer flavour, add 100ml of cream after blending
- Substitutes well with most vegetables i.e. sweet potato, parsnips, turnips, mushrooms, cauliflower or broccoli. Use just one vegetable or a variety
- Substitute chicken stock with vegetable or beef stock if you prefer.



# COUS COUS FATTOUSH SALAD

This is a great recipe for leftover herbs or cooked vegetables.

## Ingredients:

Serves 4 to 6

- |  |   |
|--|---|
| <input type="checkbox"/> 2 cups cous cous            | <input type="checkbox"/> 1 cup chopped parsley                                      |
| <input type="checkbox"/> 2 cups chicken stock        | <input type="checkbox"/> ½ cup chopped mint   |
| <input type="checkbox"/> 5 radishes sliced thinly    | <input type="checkbox"/> 1 cup watercress, lettuce or another leafy green vegetable |
| <input type="checkbox"/> 3 Lebanese cucumbers diced  | <input type="checkbox"/> 1 small capsicum diced                                     |
| <input type="checkbox"/> 3 ripe tomatoes diced       |   |
| <input type="checkbox"/> ½ cup spring onions chopped |   |

## Dressing:

- 1 teaspoon sumac (optional)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 100ml lemon juice
- 100ml olive oil

## Method:

1. Place cous cous in a large bowl and cover with boiling chicken stock. Cover with foil. Let it sit for 5 minutes
2. Meanwhile, place all dressing ingredients in a jar and shake well, taste and adjust to your own liking
3. Remove foil from cous cous and fluff up with a fork. Allow to cool

## Garnish:

Toast Lebanese bread croutons in the oven for a few minutes at 200°C.

4. Once cous cous is cooled, add all remaining ingredients on top, then add dressing. Mix well. Taste and adjust seasoning if required. Garnish with Lebanese bread.

## Recipe Variations:

- This is an excellent way to use up any leftover herbs
- Works well with cooked vegetables like pumpkin, potato, asparagus, green beans, broccoli, carrots, beetroot, mushroom or peas
- Add any leftover cooked meat to make yourself a healthy complete meal
- Add crumbled feta on top to give it a gourmet tangy boost
- Toast some pine nuts or almonds in the microwave on high in one minute intervals until toasted and mix through with vegetables or garnish on top
- Substitute chicken stock for vegetable stock or even just boiling water.



## PATTY SURPRISE

This is a great recipe for leftover meat from your BBQ.

### Ingredients:

Serves 4 people

- |  |  |
|--|--|
| <input type="checkbox"/> 8 cooked sausages or 500g of cooked meat, chopped | <input type="checkbox"/> ½ cup cheese                            |
| <input type="checkbox"/> 1 cooked potato                                   | <input type="checkbox"/> 3 tablespoons Worcestershire sauce      |
| <input type="checkbox"/> 1 stalk of celery                                 | <input type="checkbox"/> 2 cups bread crumbs for coating         |
| <input type="checkbox"/> ½ red capsicum                                    | <input type="checkbox"/> 1 tablespoon of any fresh herbs on hand |
| <input type="checkbox"/> 1 medium carrot                                   | <input type="checkbox"/> Oil (for shallow frying)                |
| <input type="checkbox"/> 1 spring onion                                    |  |
| <input type="checkbox"/> 2 eggs  |  |
| <input type="checkbox"/> 1 teaspoon dried oregano                          |  |

### Method:

1. In a food processor, place the roughly chopped carrot, celery, spring onion and capsicum, process until finely chopped
2. Add remainder of ingredients except bread crumbs, process until combined
3. Roll tablespoons of patty mixture in bread crumbs
4. Heat oil in a pan and shallow fry the patties for a few minutes on each side.



# SATAY CHICKEN

This is a great recipe for leftover vegetables or meats.

## Ingredients:

- |   |   |
|---|---|
| <input type="checkbox"/> 1 large onion sliced                     | <input type="checkbox"/> 1 tablespoon soy sauce                           |
| <input type="checkbox"/> 1 medium red capsicum sliced             | <input type="checkbox"/> 160ml can coconut cream                          |
| <input type="checkbox"/> 600g chicken thigh fillets sliced thinly | <input type="checkbox"/> ¼ cup water                                      |
| <input type="checkbox"/> 1 tablespoon fresh ginger chopped finely | <input type="checkbox"/> Juice of half a lemon                            |
| <input type="checkbox"/> 1 small red chilli chopped finely        | <input type="checkbox"/> 100g or large handful of snowpeas, stems removed |
| <input type="checkbox"/> 1 tablespoon brown sugar                 | <input type="checkbox"/> 2 tablespoons peanut oil                         |
| <input type="checkbox"/> ⅓ cup crunchy peanut butter              | <input type="checkbox"/> 500g cooked thick rice noodles                   |

## Method:

1. Heat oil in large frypan or wok on high heat, fry onion and capsicum for a few minutes until softened
2. Add chicken, ginger and chilli, stir fry until chicken is brown and almost cooked
3. Add sugar and mix until all ingredients are coated
4. Add peanut butter, soy, coconut cream and water. Cook for 1 minute until sauce thickens
5. Add lemon juice, snow peas and noodles, mix until hot
6. If mixture is too thick, add a little more water.

## Recipe Variations:

- Substitute the capsicum and snow peas with any vegetable of your choice
- Substitute the rice noodles with any noodles or pasta or use rice served on the side
- Substitute the chicken thighs with any other meat you prefer
- If using chicken that is already cooked, just add at the same time as the sugar
- Substitute coconut milk for coconut cream for a healthier alternative
- A handful of coriander would make a nice addition; add just before serving.

*Note: photo shown includes mushrooms and beans*



# TOMATO & CARMELISED ONION TART TATIN

This is a great recipe for leftover cooked vegetables.

## Ingredients:

Serves 4 people

- |   |  |
|---|--|
| <input type="checkbox"/> 1 tablespoon butter or cooking oil | <input type="checkbox"/> 1 tablespoon balsamic vinegar |
| <input type="checkbox"/> 1 large brown onion sliced         | <input type="checkbox"/> 1 sheet frozen puff pastry    |
| <input type="checkbox"/> 2 teaspoons sugar                  | <input type="checkbox"/> 2 teaspoons chopped parsley   |
| <input type="checkbox"/> 3 small tomatoes                   |  |

## Method:

1. Preheat oven to 200°C
2. Melt butter/oil in a fry pan over medium heat
3. Cook onion, cover and stir occasionally for 8 to 10 minutes or until softened
4. Add sugar and vinegar, leave uncovered and stir occasionally for 5 minutes or until golden and caramelised
5. Whilst onion is cooking, slice tomatoes thickly and arrange on the base of an oven proof pie dish (approx 20cm base), then spoon over onion mixture
6. Trim pastry to form a circle and place over onion mixture, tucking in edge. Bake for 25 to 30 minutes or until pastry is golden and puffed
7. Stand in pan for 10 minutes. Turn upside down onto a plate. Top with parsley. Season with salt and pepper. Cut into wedges and serve.

## Recipe Variations:

- Add any leftover cooked vegetables you have from previous meals right before you put the pastry on top
- Add a few teaspoons of pesto in with the tomato
- Add 1 cup mushrooms, ½ teaspoon of thyme and 1 clove crushed garlic in with the onions after the vinegar has been added.

*Note: photo shown includes ham and basil*



## CONDIMENTS

# APPLE BUTTER

This is a great recipe for ripe apples, pears and apricots.

### Ingredients:

Makes 2 cups

- |   |  |
|---|--|
| <input type="checkbox"/> 150g butter softened | <input type="checkbox"/> ¼ cup caster sugar                |
| <input type="checkbox"/> 3 apples             | <input type="checkbox"/> 2 teaspoons golden syrup or honey |

### Method:

1. Peel and chop apples, place into a microwave safe container and microwave on high for 3 minutes or until softened. Let the apples stand for 2 minutes
2. Place the apples in a mini food processor and blend until smooth. Add sugar and golden syrup
3. Let it cool for 10 minutes then add butter and blend until combined.

### Recipe Variation:

- Substitute the apples with peaches, pears or apricots.

### Savoury flavoured butters

 e.g. garlic/herb bread.

1. Mix soft butter in a mixer with any herbs you like, add a clove of garlic, salt and pepper with a squeeze of lemon juice
2. Spread this on any leftover bread, wrap in foil and oven bake at 200°C for 15 minutes.

### SERVING AND STORAGE SUGGESTIONS

- Spread apple butter on toast, pancakes, pikelets or banana bread
- Stored in the fridge, it will keep for one month.



## CHEESE SAUCE

This is a great sauce for leftover seafood or pasta.

### Ingredients:

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> 80g butter   | <input type="checkbox"/> 120g grated hard cheese<br>e.g. parmesan or tasty |
| <input type="checkbox"/> 80g flour    | <input type="checkbox"/> Pinch of salt and pepper                          |
| <input type="checkbox"/> 1 litre milk |  |

### Method:

1. Set a saucepan on medium heat, melt butter, add flour and cook stirring with a wooden spoon constantly for 1 minute
2. Slowly add milk 50ml at a time, keep stirring to make silky smooth. Once half the milk has been added the rest can be added in two parts. If it becomes lumpy, remove from heat and whisk until smooth, then continue\*
3. Allow the sauce to simmer on low heat for about 5 minutes stirring constantly. Remove from heat, add cheese and keep stirring until melted into sauce. Taste and add salt and pepper to your liking.

\*If the sauce is too thick for your requirements add more milk before adding cheese. Once the cheese is melted, do not allow this to be simmered again.

### SERVING SUGGESTIONS

- Serve on top of seafood and grilled food
- Use in macaroni cheese (add more cheese on top or in sauce if you like it extra cheesy)
- To bind lots of leftover ingredients, add as part of a pie filling like a seafood pie or spinach, corn and ham pie
- Serve on top of vegetables and oven bake to make a cheesy gratin.



## PESTO SAUCE

This is a great recipe for leftover herbs.

### Ingredients:

Makes ½ cup

- |   |   |
|---|---|
| <input type="checkbox"/> 2½ cup pine nuts               | <input type="checkbox"/> ¾ cup grated parmesan cheese           |
| <input type="checkbox"/> 2 cups basil leaves            | <input type="checkbox"/> ½ teaspoon freshly ground black pepper |
| <input type="checkbox"/> ¼ cup olive oil                | <input type="checkbox"/> ½ teaspoon salt                        |
| <input type="checkbox"/> 1 clove garlic roughly chopped |   |

### Method:

1. Place pine nuts on a microwave safe plate for 1 minute on high, then 30 seconds until a toasted golden colour is achieved, allow to cool
2. Place basil, salt and olive oil in a food processor for 30 seconds, then add garlic with pine nuts, pepper and parmesan. Process to a smooth paste, adding more oil if necessary
3. Covered with a little olive oil to prevent basil from discolouring.

### Recipe Variations:

- Substitute pine nuts with walnuts, almonds or cashews
- Replace half the basil with parsley
- Replace the basil with coriander
- Get creative by putting in a mix of your favourite herbs.

### STORAGE SUGGESTIONS

- The sauce will keep in the fridge for 1 week.



# FLAVOURED MAYONNAISE

This is a great sauce for gourmet sandwiches to use up leftover meats.

## HONEY MUSTARD MAYONNAISE

- 1 tablespoon honey mustard
- ½ cup mayonnaise

## MANGO MAYONNAISE

- ½ small red chilli de-seeded
- ½ cup mayonnaise
- ½ a mango
- Juice of ½ a lime

*Mix in a mini food processor*

## CREAMY GUACAMOLE SALSA

- ½ cup mayonnaise
- 2 ripe avocado diced
- 2 tablespoons coriander chopped
- 2 chopped tomatoes
- 2 tablespoons lemon juice
- ½ cup spring onions chopped

## CAESAR SAUCE

- ½ cup mayonnaise
- 1 teaspoon lemon juice
- 1½ teaspoons dijon mustard
- ¼ cup grated parmesan
- 1 clove garlic crushed

## BBQ CHEDDAR SAUCE (OR DIP)

- ½ cup mayonnaise
- ¼ cup grated cheddar cheese
- 2 tablespoons BBQ sauce



## BEETROOT DIP

This is a great recipe for leftover beetroot, sour cream or plain yogurt.

### Ingredients:

Makes ½ cups

- 300g cooked beetroot or 450g baby beetroot canned
- 2 tablespoon walnuts
- Pinch of salt and pepper
- 150g sour cream

### Method:

1. Drain beetroot and place in a food processor, blend until almost smooth
2. Add walnuts and sour cream. Blend until smooth
3. Season to your liking with salt and pepper.

### Recipe Variation:

- Sliced beetroot works well also
- Substitute sour cream with plain yogurt or light sour cream
- Substitute walnuts with any other nuts such as almonds, pine nuts, brazil nuts or pecans.

### SERVING AND STORAGE SUGGESTIONS

- Serve with croutons, vegetable sticks or water crackers
- The dip will last for up to one week if refrigerated but this depends on the sour cream or yoghurt's expiry date.



## TZATZIKI DIP

This is a great recipe for leftover sour cream or plain yogurt.

### Ingredients:

Makes 1 cup

- 250g natural yogurt
- 1 Lebanese cucumber grated
- 1 garlic clove crushed
- Juice of ½ lemon
- ½ teaspoon salt

### Method:

Combine all ingredients.



## TOMATO SALSA

This is a great recipe for ripe tomatoes.

### Ingredients:

Makes 2½ cups

- 3 finely chopped large ripe tomatoes
- 1 teaspoon dried chilli flakes
- ½ red onion finely chopped
- 2 tablespoons coriander chopped
- 1 teaspoon parsley chopped
- Juice of 1 lime
- ½ teaspoon garlic chopped
- Salt and pepper to taste

### Method:

Combine all ingredients and lightly mash with a fork to help bruise the tomatoes. Refrigerate overnight to enrich the flavour.



## CROUTONS

This is a great recipe for any type of stale bread.

### Ingredients:

- Half a loaf of leftover sliced bread
- 2 tablespoons of olive oil
- 1 tablespoon dried oregano
- 1 teaspoon salt

### Method:

1. Preheat oven to 160°C
2. Cut up bread into even sized pieces, spread them on 2 oven trays and drizzle with oil, oregano and salt
3. Use your hands to try and coat all bread pieces
4. Bake in the oven for 20 minutes, turn croutons over, bake for another 20 minutes until crispy
5. Leave on trays to cool

### STORAGE SUGGESTIONS

- Pack in an airtight container with paper towel inserted. This will catch any moisture and help keep your croutons crisp and fresh
- Croutons will stay fresh for 2 weeks.



## DESSERTS

# BANANA BREAD

This is a great recipe for ripe banana or pears.

### Ingredients:

- |  |   |
|--|---|
| <input type="checkbox"/> 2 cups self raising flour | <input type="checkbox"/> 1 teaspoon vanilla essence |
| <input type="checkbox"/> 2 eggs lightly beaten     | <input type="checkbox"/> 1 cup sugar                |
| <input type="checkbox"/> 125g butter softened      |   |
| <input type="checkbox"/> 4 ripe bananas mashed     |   |

### Method:

1. Preheat oven to 180°C
2. In a mixing bowl, use a spoon to mix butter, sugar, eggs, banana and vanilla. Add dry ingredients and stir to combine. Do not over mix
3. Pour mix into a lined loaf tin and bake for 1 hour and 15 minutes, or until a skewer inserted into the centre comes out clean
4. Leave to cool in tin for 5 minutes before turning out onto a rack to cool. Serve sliced with butter.

### Recipe Variation:

- Substitute the bananas with 2 cups soft ripe chopped pears and a handful of berries
- Add 1 cup of chocolate chips
- Add ½ cup of coconut
- Add 1 cup of chopped nuts of your choice e.g. walnuts, pecans, almonds, hazelnuts.



## MUFFINS

This is a great recipe for ripe fruits, berries, cheese, ham or vegetables.

### Ingredients:

Makes 12 large muffins

- |  |   |
|--|---|
| <input type="checkbox"/> 2 cups self raising flour | <input type="checkbox"/> Pinch of salt                                |
| <input type="checkbox"/> 2 eggs                    | <input type="checkbox"/> 1 cup sugar (for savoury muffins omit sugar) |
| <input type="checkbox"/> ¼ cup oil                 |   |
| <input type="checkbox"/> 1 cup milk                |   |

### Method:

1. Preheat oven to 180°C
2. In a mixing bowl, combine eggs, oil and milk. Sift flour, salt and sugar on top, mix lightly then add your own flavour variation listed below
3. Spoon into lightly oiled muffin tray ( $\frac{2}{3}$  full) and bake for approximately 20 minutes.

### Recipe Variations:

1 - 2 cups required.

- Apples peeled and chopped, 2 teaspoons cinnamon,  $\frac{3}{4}$  cup walnuts
- Ripe bananas mashed
- Mixed berries
- Fetta, sundried tomato and rocket
- Ham, grated cheese and herbs
- Grated cheese and mixed vegetables e.g. zucchini, carrot, pumpkin, mushrooms.



## DRINKS

# BANANA SMOOTHIE

This is a great recipe for ripe bananas or pears.

### Ingredients:

- 2 over ripe bananas
- 500ml of milk
- 1 teaspoon honey (optional)

### Method:

Blend all ingredients together for a healthy and delicious smoothie.

### Flavour Variation:

- Other fruits will work just as well creating a delicious thick and icy cold drink:  
**Mangoes, Rockmelon, Paw Paw or Peaches/Nectarines** - Remove skin and chop flesh first  
**Strawberries** - Cut the stalks off first  
**Raspberries/blueberries**

### STORAGE SUGGESTIONS

- If freezing over ripe bananas for future use, peel first and freeze in a bag or container in a single layer



## TROPICAL FRAPPÉ

### Ingredients:

This is a great recipe for ripe mangos.

Make 4 cups

- 3 cups pineapple juice
- 1 cup mango pulp
- 1 cup of ice

## WINTER FRAPPÉ

This is a great recipe for ripe kiwi fruit or pears.

### Ingredients:

Makes 1 litre

- 1 banana
- 3 cups orange juice
- 3 kiwi fruit
- 1 cup ice cubes

### Method (for Tropical and Winter Frappé):

Put all ingredients into the food processor or blender and blend until smooth.

### Recipe Variations (for Tropical and Winter Frappé):

- Substitute the juice used for any other juice you have
- Substitute banana or kiwi fruit with ripe pears
- Remove ice cubes for a thinner consistency drink
- Substitute the juice with milk to become a milkshake.



## Food for thought

No one plans to throw away food when they purchase it, but according to the Food Waste Avoidance Benchmark Study conducted by the NSW Environment Protection Authority, this is precisely what is happening. The three main reasons we waste so much food as a society are: we buy too much; we cook too much; we don't store food correctly.

We can all reduce our food waste by:

- Checking the fridge, freezer and cupboards before going shopping so you know what you already have
- Checking 'use by' and 'best before' dates
- Planning your weekly meals and writing a shopping list
- Buying seasonal produce
- Measuring serving sizes
- Storing food in correctly
- Using leftovers

Find out more information by visiting [www.ryde.nsw.gov.au/lomo](http://www.ryde.nsw.gov.au/lomo) or [www.lovefoodhatewaste.nsw.gov.au](http://www.lovefoodhatewaste.nsw.gov.au)

## Leftover Makeover for food lovers

City of Ryde has run many successful Leftover Makeover (LOMO) cooking demonstration workshops which provided participants with practical techniques for keeping food fresh, choosing the correct portion size and storing food correctly. We continue to run these throughout the year, so visit our website and check your City of Ryde waste collection calendar for more dates.

Find out more information, visit [www.ryde.nsw.gov.au/lomo](http://www.ryde.nsw.gov.au/lomo) or call customer service on 9952 8222 to reserve a seat at our next workshop.