

Brilliant Banana Bread recipe from BBC Good Food...

140g Butter Softened
140g sugar
140g Self-raising flour
1tsp Baking powder
2 Very Ripe Bananas
2 large eggs



- 1) Heat oven to 180C/160C fan/gas 4.
- 2) Line a 2lb loaf tin with baking parchment.
- 3) Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.
- 4) Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.
- 5) Pour into the tin and bake for about 30 mins until a skewer comes out clean. If your cake needs longer then keep it in the oven until it is cooked.
- 6) Cool in the tin for 10 mins, then remove to a wire rack.

SOME SMOOTHIE IDEAS - <https://www.jamieoliver.com/recipes/fruit-recipes/super-smoothies/> for more

FOR A PURPLE SMOOTHIE

- ▶ 2 pears
- ▶ 150 g frozen blueberries
- ▶ 100 ml fresh apple juice

1. Remove the stalks from the pears, then use a knife to cut into quarters, removing and discarding the cores.
2. Put the pears and blueberries in a blender, then pour in the apple juice.
3. Secure the lid and blitz until smooth, then serve.

FOR AN ORANGE SMOOTHIE

- ▶ 2 cm piece of ginger
- ▶ 1 carrot
- ▶ 200g frozen mango
- ▶ 200 ml fresh orange juice
- ▶ 1 lime

1. Use a teaspoon to scrape all the skin off the ginger, then finely grate onto a board using a microplane.
2. Peel the carrot, then trim and roughly chop it.
3. Put the ginger, carrot and frozen mango in a blender, then pour in the orange juice.
4. Cut the lime in half and squeeze all the lime juice into the blender.
5. Secure the lid and blitz until smooth, then serve.

Or experiment with what you have and need to use!

Reducing Waste is great for the Planet and growing your own is a great start to avoid packaging, unwanted chemicals and food miles. But what about when fresh food is past its best or there are leftovers from a meal?

The WRAP organisation looks at ways to reduce rubbish - particularly packaging but they also have a campaign encouraging reduced food waste. For lots of information on how you can make best use of your food, save money and reduce packaging check their Love Food Hate Waste site....

https://lovefoodhatewaste.com/makefoodmatter?_ga=2.259410754.930002700.1590075864-1464378587.1590075864

