

## Top Tip

A great way of using up excess milk, soft fruits and over-ripe bananas.

This recipe should feed 2 adults.

## Ingredients:

1 egg lightly beaten

300ml (½pt) milk

150g plain flour

2 tsp baking powder

Handful of whatever fruit you have, for example, blueberries, strawberries, raspberries or 1 banana or a mixture of the above.

# Fruity Pancakes

## Method:

1. Chop up the fruit.
2. Mix together the egg, milk and chopped fruit.
3. Sieve the flour with the baking powder into a large bowl and stir in the 'wet' ingredients. The batter will look lumpy.
4. Transfer to a mixing jug, allow to stand for 10 minutes.
5. Heat a lightly oiled frying pan over a medium heat until smoking hot, turn the heat down and pour small amounts of batter into the pan. Cook in batches on each side until golden.
6. Use a palette knife to flip the pancakes, keep them warm until you have finished cooking all the pancakes.
7. Serve alone or with the banana ice cream.

# Good For You Banana Ice Cream

By Caroline Marson, Banbury


A great recipe for using up bananas past their best. Spotted bananas are often sold off cheaply so snap them up and make this amazingly simple ice cream. It contains no cream or sugar so it's really good for you too.

## Ingredients:

8 ripe bananas (or however many you have).

## Method:

1. Peel bananas and freeze.
2. Allow to soften for 20 minutes then put into a food processor and whiz until thick and creamy. Serve immediately or refreeze.

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Every year in the UK we throw around £12.5 billion worth of food, costing the average family almost £60 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away. Here are a few of our favourites to make the most of your dairy products.

# Dairy

## Top Tips

Store your dairy products in the fridge. Keeping your fridge cool, below 5 degrees, will keep them fresher for longer.

Wrap cheese well after opening to stop it drying out.

Keep an eye on 'use-by' dates. Milk, yoghurt, cheese and butter can all be frozen for later.

Grate hard cheeses before freezing to use straight from the freezer on pizzas, omelettes and pasta bakes.

## Lovely leftovers

Leftover yoghurt tastes great on cereal and added to smoothies.

Add cream that needs using up to curries, and use up crème fraîche in pasta sauces.

## Did you know?

Leftover cream can be frozen, just whip it first!

For handy tips and recipes to help reduce food waste, visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com)

