

# Don't Throw Away Ripe Bananas



## EAT THE SKINS

Cut off the stem, give them a good wash and blend into puree for smoothies or baking. You can shred skins like you would pulled meats. Add spices and fry into a curry, or barbecue dishes, like you would pulled pork or chicken dishes.



## MAKE THEM LAST LONGER

Keep bananas away from other fruits to prevent quick ripening.  
Store in a cool dry place, preferably hanging so air can flow and prolong ripening.

Use old mashed banana to make overnight oats, add milk and yogurt and any other fruit you have. The ripe banana is will have extra sweetness so you don't need to add any additional sweetener.

## FREEZE OLD BANANA'S

Don't trow away old bananas, freeze and add to a smoothie or blend with yogurt to make a delicious ice cream.



# Don't Throw Away Oranges and the Skins

## EAT THE SKINS

Fruit and vegetable peels are one of the biggest components when it comes to food waste. The good news is most are edible. Turn orange peel into a powder for a zesty flavouring. Add to desserts, cookies, salads stir fries, spice rubs or straight from the spoon.

## Orange peel powder



Lay orange peel on a tray and leave in the sun or near a window to dry out for 24 hours, alternatively use a dehydrator over night, or bake in the oven on a very low heat for 4-6 hours, the peels should be dry and crispy. Add to a blender and blitz to a fine powder.

## Juice old oranges

The peel looks old? chances are the remaining juice in the orange will be fine. Juice and use for salad dressings, wellness shots or jams.



## FREEZE CUT UP ORANGES

Too many oranges? Slice, freeze in freezer bags to add to drinks or make a refreshing sorbet. Freeze in ice lolly molds for lollies or juice and freeze in ice cube trays with lemon/ginger for a wellness shot.



