

Rescue recipe

This is a healthy pudding, ideal for using up your over-ripe pears, apples, oranges and lemons.

Feeds 4

2 very ripe pears, peeled, cut into quarters and cored

2 apples, peeled, cut into quarters and cored

1 cinnamon stick, broken into pieces

Pinch of grated nutmeg

75g raisins or sultanas

Juice of 1 lemon, zest peeled into strips with a vegetable peeler

Juice of 3 oranges, zest from 1 orange peeled into strips

Baked Citrus Pears & Apples

By Caroline Marson

1. Preheat the oven to 180°C 350°F Mark 4.
2. Place the pear and apple in a dish with the cinnamon stick, nutmeg, raisins, juice and zest strips.
3. Cover the dish with foil and bake in the oven for about 35-40 minutes or until the fruit is just soft.
4. Serve warm with crème fraiche or yogurt, or eat chilled with a bowl of muesli for a healthy start to the day.



Every year in the UK we throw away £12 billion worth of good food, costing the average family £50 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 fruit and vegetables.

Fruit and Vegetables

Storage

Most fruit and vegetables will keep fresher for longer if stored in the fridge, in the bag or pack they came in.

Keep onions and potatoes in a cool dark place.

Store bananas out of the fridge and away from other fruit.

Top Tips

Over ripe fruit is great in a smoothie or crumble.

Use up fruit on cereal and in curries.

Tired vegetables are great in a stir-fry, soup, sauce or casserole.

Leftover vegetables are lovely added to pasta or rice dishes.

Don't forget!

Your vegetable peelings, unusable salad leaves and fruit scraps are perfect ingredients for your compost bin.

For handy tips and recipes to help reduce food waste, visit lovefoodhatewaste.com

