



## Feeds 2

- 6 pieces of frozen banana
- 2 tablespoons crunchy peanut butter
- 125ml chilled milk
- Honey



# Banana & Peanut Milk Shake

By Louise Lewis, London

1. Put the bananas into a blender.
2. Add the peanut butter and milk and blend until smooth. Add honey to taste.
3. Blend again for a further 5-10 seconds.

Try adding a few chopped cubes of fresh pineapple or over-ripe pear.

You can use any fruits you like. Replace the peanut butter with berries such as blueberries, raspberries and strawberries. For more of a smoothie texture, use apple or orange juice instead of milk.

## Rescue recipe

Freezing over-ripe bananas is a really useful way of making sure they're not wasted. Peel, cut into three, bag up and pop in the freezer.

**LOVE  
FOOD  
hate waste**

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 dairy products.

# Dairy

## Top Tips

Store your dairy products in the fridge, keeping your fridge at a cool 1-5 degrees will keep them fresher for longer.

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.

Don't throw away slightly sour milk; it will make great scones and pancakes.

## 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](https://www.lovefoodhatewaste.com)

