



## Rescue recipe

This recipe is great for using up any leftover yogurt and over-ripe bananas.

# Banana Yogurt Pancakes with Apple and Berry Compote

By Caroline Marson

### Feeds 2 adults

- 1 egg, lightly beaten
- 125ml milk
- 125ml natural yogurt
- 2 over-ripe bananas, mashed with a fork
- 150g plain flour
- 2 teaspoons baking powder
- 1 tablespoon brown sugar
- Pinch of salt

### Apple and Berry Compote

- 4 medium eating apples, peeled and bruises removed
- 100ml orange or apple juice
- Pinch of cinnamon
- Handful of berries such as blueberries, raspberries, strawberries

1. Mix together the egg, milk, yogurt and bananas.
2. Sieve the flour with the baking powder into a large bowl, then stir in the 'wet' ingredients, sugar and salt. The batter will look a little lumpy. Transfer to a mixing jug and allow to stand for 10 minutes.
3. Heat a lightly oiled frying pan over a medium heat until smoking hot. Turn the heat down and pour small batches of batter into the pan. Cook on each side until golden, using a palette knife to flip.
4. Put onto a plate in a warm place until you finish cooking all the pancakes.
5. Serve with the Apple and Berry Compote (see below) and extra yogurt if you like.

### Apple and Berry Compote

1. Put the apples, orange juice and cinnamon into a heavy-based pan and cook over a low heat for about 10 minutes or until just tender.
2. Stir in the berries and serve warm with the pancakes.

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](http://lovefoodhatewaste.com)

