

# MAKING THE MOST AND WASTING THE LEAST

Ideas and inspiration to help you live sustainably at home



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## PEANUT BUTTER BANANA LOAF

Making banana bread is a popular way to use up leftover bananas, but if you've also got half a jar of peanut butter in the cupboard you can take this classic bake to the next level.

If you're not in the mood to bake, bananas can also be frozen and are perfect for throwing in a smoothie or blended with some cocoa to make a healthy ice cream.

### Time:

45 - 60 mins

### Ingredients:

3 over-ripe bananas  
150g golden caster sugar  
225g self-raising flour  
1 large free-range egg  
3 tbsp crunchy peanut butter  
2 tsp vanilla extract  
100ml sunflower oil

### Method:

1. In a large mixing bowl, mash the bananas with a fork
2. Add the sugar and combine with a wooden spoon
3. Add the peanut butter, egg, vanilla and oil, and mix well
4. Sift in the flour and then combine with an electric hand mixer, or wooden spoon
5. Tip into a lined 1lb loaf tin and bake in a pre-heated oven (170c / 150c fan) for 45-50 minutes. Test with a skewer.
6. Allow to cool on a wire rack, turning out after a few minutes.

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## BANANA PEEL HACK

Bananas are packed with goodness, not just for you but for your plants too. Camilla Clarke (@eco\_millie on Instagram) has a tip to make your banana peels go further.

Save your peels and soak them in water for 48 hours, the resulting liquid will give your garden a nutrients boost. Tip: If using a jar to store your peels, pierce a hole in the lid to prevent a build-up of air.



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