

Waste not, want not.

Back in the early-mid 19th century, John Muir and his brothers and sisters ate a very basic diet :-

Breakfast; porridge with milk or treacle.

Lunch; soup, boiled mutton or beef and barley scone.

Tea; white bread without butter, barley scone and warm water with a little milk and sugar in it.

Supper; boiled potato and barley scone.

[Detail from John Muir, 'Close to Nature's Beating Heart' by Will Colin].

In the 21st century, we have a wide range of foods available to us. We go to huge shops called supermarkets. Often we buy a lot of foods, at once, because the supermarkets are far away from home.



Sometimes we don't have enough time to eat everything before it gets past its best.

Here are some bananas that are going brown. (NB. There are only 2 bananas in the photograph but we used about 4 bananas for our recipe).



They may not be at their best for eating fresh, but they are perfect for turning into something as yummy as this.

If we make good use of all of our food, we have more to eat and we waste less.

Wasting less helps us to look after our money.

AND it helps us to save our planet!

Harmful gases are emitted from rotting food which add to the greenhouse effect and global warming.

Here's the recipe:

Ingredients:-

115g butter or spread (room temperature)

115g sugar

2 eggs

250g flour (we used self-raising; gluten free)

1 tsp bicarbonate of soda/baking powder

500g of bananas

(If you don't have exactly this amount-we only had 450g [4 ripe bananas] you could add sultanas to make it up to 500g)

You could also add some leftover Easter chocolate?!

Method:-

Put the oven on at 180 degrees or 160 degrees fan assisted.

Cream together the butter and sugar.

Whilst you're doing this, your brother or sister could mash the bananas with a fork?

Add the mashed bananas.

Add one egg and half the flour (with baking powder already mixed in).

Add another egg then the rest of the flour.

Beat it all together with a wooden spoon.

We then put in a tiny splash of hot water from the kettle.

Rub a little butter/spread around the inside of a loaf tin.

If you have baking paper, you could put a strip along the bottom of the tin.

Pour in the batter.

Bake for 1 hour or until it is golden-light brown in colour.



You could then take it out, wrap and tie up a tea-towel around the whole tin and loaf.

Then leave it somewhere warm eg. close to the oven or on a sunny window sill, for 10-20 minutes or so.

This helps to ensure it is cooked all the way through.

Your loaf will shrink back from the sides of the tin and should drop out easily when you turn the tin upside down.

Enjoy the fruits of your hard work!