

# Just desserts!



## Ensure that the food you buy gets its just desserts

We love our puds, but despite our national sweet tooth, a lot of desserts still end up being thrown away. Brits waste £570 million worth of desserts and cakes every year and with 15% of what we buy being wasted, it all adds up.

1.2 million pots of yoghurt are thrown away every day- and half of them are unopened! Make the most of your pudding purchases- check the use by date, bring those that need to be eaten sooner rather than later to the front of the fridge, and make sure you eat them in time. The use by date is for safety and your pudding pots need to be eaten by that date- or try freezing them. Frozen yogurts and fromage frais with straws or lollipop sticks make a great summertime treat. They also make a great addition to lunchboxes as they stay cool and defrost by lunchtime.



### Sweet nothings

**Make something from next to nothing- puddings are a great way to use up leftovers and forgotten foods.**



### Make a Fool for Yourself

Old fashioned fools are one of the fastest desserts to make, and are perfect for making something out of simple leftovers. Stewed, pureed fruit such as apples, plums, gooseberries, blackcurrants, strawberries and raspberries are ideal. You may want to sieve fruits with lots of pips. The fruit puree can be added to a mix of whipped leftover cream and/or custard, or for a healthier option use low fat crème fraiche or greek yoghurt. Chill and serve in individual glasses.

## From Stale to Stylish

Bread is one of our most wasted foods with 24 million slices thrown away daily. Just think of the lovely puddings that could be made with all of that bread: bread and butter pudding, summer pudding, apple charlotte, treacle tart, even bread ice cream.

Visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com) for recipe ideas.



For a quick pudding try a french toast sandwich - dip 2 slices of bread in beaten egg mixed with a little sugar, then layer mashed bananas and soft fruit on one slice, make into a sandwich with the other slice of bread, then fry both sides in frying pan on a medium heat until golden and crispy. Top with crème fraiche or yogurt for a tasty treat.

## Nice rice

Rice pudding is one of the easiest puddings to make and it's a great way to use up milk- but what if you don't just happen to have pudding rice in your cupboard? Got any risotto or paella rice instead? This can be used just as well, and is a useful way to use up that rice you bought for a recipe but then had a little bit left in the bottom of the packet. For a simple pudding add 100g of rice to 1 litres of milk (or milk with a bit of cream to make it extra special) and 75g of sugar in an oven-proof dish, stir and pop a knob of butter on the top. Then bake for 2 hours at 150C or pop into the slow cooker. Some people like quite solid rice pudding and others prefer it more runny. You might need to adjust the proportion of rice to milk, accordingly, until you have found the consistency that is right and appealing for you.





## Healthy treats

Don't forget that puddings can be healthy too- fruit salad with low fat yoghurt is a great way to increase your 5 a day and use up all the random bits of fruit you have.

### Go bananas!

Use some of the 20,000 bananas that get binned every day in Derbyshire as an alternative to ice cream- peel and chop ripe bananas, pop into a tub or freezer bag and freeze overnight. Take them out of the freezer, allow to soften slightly, then whiz in a food processor until thick and creamy for a tasty dairy-free ice cream.

If you feel in need of sweet inspiration visit [lovefoodhatewaste.com/recipes](http://lovefoodhatewaste.com/recipes).



**For hints and tips on how to make the best of the food that we buy and save up to £60 a month, visit [derbyshire.gov.uk/lfhw](http://derbyshire.gov.uk/lfhw)**

