

Laura's Orange Peel Cake

Orange peel is a classic ingredient that goes straight into the compost, but what if you could make a delicious and zesty cake with a whole orange? Peel and all!

Ingredients

- 3 eggs
- 250g sugar
- 275g all purpose flour
- 2 1/2 tsps baking powder
- 100g butter, softened
- 100g plain Greek yoghurt
- 1 large orange, washed and cut into pieces (with the rind, but remove the seeds)

Instructions

1. Preheat the oven to 180°C and line a tin with butter/oil, and baking paper.
2. Place the sugar and eggs into a large bowl and mix together until fluffy.
3. Fold in the flour, baking powder, and softened butter, mixing until completely blended.
4. Stir in the yoghurt.
5. Take the orange and blitz in a food processor until it is almost pureed and then add it to the cake mixture.
6. Pour the batter into your cake tin and bake for 45-60 minutes, removing when golden brown and cooked through.

Laura's Stale Bread Chocolate Brownies

Have you ever let bread go hard in the back of the cupboard? This is the perfect recipe to save some bread waste, and create a delicious chocolate treat!

Ingredients

- 125g stale bread
- 90g brown sugar
- 30g cocoa powder
- 1 tsp baking powder
- 250ml milk
- 1 tsp vanilla extract
- 1 egg
- Handful of chocolate chips (optional)

Instructions

1. Preheat the oven to 160°C.
2. Mix the bread, sugar, cocoa powder and baking powder together in a blender until you have a breadcrumb texture mixture.
3. Add the milk and vanilla essence while continuing to blend until smooth.
4. If you want an extra chocolate hit, add in the chocolate chips at this point.
5. Pour into a baking tin and cook for 15 minutes, or until cooked through.



Eco recipes that help you shrink your foodprint

Everything we eat has a carbon footprint. CO2 emissions from food make up around one-quarter of all the world's emissions – as greenhouse gas emissions are produced by growing, rearing, farming, processing, transporting, storing, cooking, and then wasting, food.

Here are some recipes that help you reduce food waste.

Aquafaba Meringues

Banana & Cinnamon Muffins

Bread Pudding

Chocolate Truffle Cake Pops

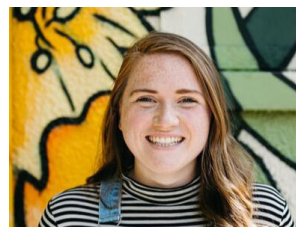
Iced Biscuits

Orange Peel Cake

Stale Bread Chocolate Brownies

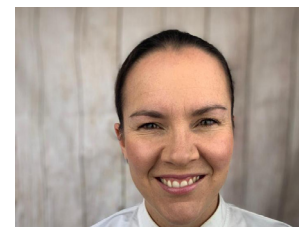
You could sell your eco bakes and cakes at a Big Bin Bake Sale – and help support waste enterprises in some of the poorest countries on earth.

Recipe contributors:



Less Waste Laura

Less Waste Laura is an award-winning climate activist, environmental scientist and ethical influencer. Laura runs Bin Twinning's social media channels.



Meg Brockway

Meg's Makery is a small baking business that is committed to making cakes with a conscience. Meg uses the LOAF principle with her ingredients: Local, Organic, Animal Friendly and Fairly traded.



Claire Carter

As a Mum of three, Claire appreciates that busyness can be a barrier to a sustainable lifestyle, so she created *The Real Meal Deal* to provide easy sustainable recipes and lifestyle tips.

Laura's Aquafaba Meringues

Aquafaba is the liquid you get from a can of chickpeas. This stuff normally gets poured down the drain, but is actually a fantastic ingredient which can be used to replace egg whites in many recipes.

Ingredients

- Aquafaba from 1 can of chickpeas
- 100g sugar
- 1 teaspoon lemon juice

Instructions

1. Heat the oven to 120°C.
2. Make aquafaba meringues in the same way as if you were making meringues with egg whites.
3. Pour your aquafaba into a mixing bowl and splash of lemon juice (this helps it hold its shape when whipped).
4. Start to whisk by hand or with an electric whisk until you have stiff peaks.
5. Slowly fold in your sugar, making sure you don't knock out the air from the mixture.
6. Once mixed together, get an oven tray and either dollop into individual sized meringues or create one huge pavlova-style mound.
7. Put into the oven for 45 minutes or until crispy on the outside. To avoid them cracking on the outside, leave them in the oven to cool down, as it's the temperature change with bringing them straight into the kitchen that can cause cracks to appear.

Claire's Banana & Cinnamon Muffins

Most of us end up with bananas that are past their best. Banana and Cinnamon Muffins are a great way to make sure overripe bananas never end up as food waste.

Ingredients

- 75g butter, melted
- 200g plain flour
- 1/2 tsp baking powder
- 1 tsp bicarbonate of soda
- 1 tsp cinnamon fairtrade
- 3 bananas (3 bananas = 1.5 cups mashed), diced or mashed
- 150g caster sugar
- 1 egg

Instructions

1. Pre-heat the oven to 180°C.
2. Melt the butter either in the microwave or in a small pan and set to one side.
3. Sieve the flour, baking powder, bicarbonate of soda and cinnamon into your first mixing bowl.
4. In a second bowl, add the chopped bananas, sugar, egg and cooled butter and whisk together with an electric hand whisk. If you don't have an electric whisk, mash the bananas and use a hand whisk or fork to mix together.
5. Sieve the flour mixture from the first bowl into the wet mixture in the second bowl and fold in using a spoon. Try not to overmix as you want the mixture to be airy and light.
6. Divide the mixture between 10-12 muffin cases and cook on the middle shelf of the oven for 25 minutes.
7. Remove the muffins and leave to cool on a wire rack.



Meg's Bread Pudding

Leftover crusts, dry baguette or any scrap of bread (fresh or stale) can be frozen in a bag to make this delicious cake/pudding using a recipe passed on through the generations.



Ingredients (makes 9)

- 450g of bread (equivalent of approx. 10 slices)
- 60g softened butter (or plant based butter or margarine)
- 85g sugar (any type)
- 2 tsps mixed spice
- 115g sultanas (or other dried fruit)

Instructions

1. Submerge bread in water and leave to soak for 30 mins.
2. Preheat the oven to 180°C.
3. Grease a 20cm square tin or heatproof dish (min. 5 cm deep)
4. Drain out the water, then beat the bread with a fork until evenly broken up.
5. Add all the ingredients and mix well.
6. Evenly spread the mixture in the tin and gently flatten.
7. Bake for approximately 90 minutes
8. Leave to cool and sprinkle with sugar.
9. Cut into 9 pieces. Can be enjoyed hot or cold with custard or cream.

Meg's Chocolate Truffle Cake Pops

Truffle cake pops can be made with any flavour of sponge cake and buttercream.

At Meg's Makery, Meg saves and freezes the off-cuts when she shapes a cake. Meg also saves spare buttercream, so nothing is wasted!

Ingredients (makes 12)

- 250g chocolate cake crumbs
- 50g chocolate buttercream
- 100g milk chocolate (organic and Fairtrade)
- Sprinkles
- 12 cake pop sticks or bamboo skewers

Instructions

1. Crumble the cake so there are no lumps remaining.
2. Mix in the softened buttercream until thoroughly dispersed and the crumbs bond together.
3. Take a scoop of the mixture, squeeze it to compact it and roll into a smooth ball.
4. Repeat with the rest of the mixture using approximately a heaped tablespoon or 25g of mixture for each ball.
5. Chill in the fridge for at least an hour.
6. Finely chop the chocolate.
7. Melt the chocolate in a heatproof glass or mug in the microwave for 30 seconds at a time, stirring between, until the chocolate is completely smooth and runny.
8. Take three balls out of the fridge at a time so that the rest remain cold.
9. Dip the tip of a stick into the chocolate and push the coated end 3/4 of the way into a ball. The chocolate will set, holding the ball in place.
10. Dip the ball into the chocolate so that it is completely submerged. Hold the dipped ball above the chocolate, quickly tapping the stick repeatedly on the edge of the glass so that excess chocolate runs off.
11. When the chocolate stops running, quickly decorate by pressing the cake pop into a bowl of sprinkles or by scattering them on top of the ball.



Meg's Iced Biscuits

It's incredible that the water from a can of chickpeas can be used to create delicious royal icing! When Meg's Makery has an order for these iced biscuits, her family get to enjoy a delicious chickpea curry for dinner so nothing is wasted.

Approx 30 biscuits (number of biscuits depends on the size of your cutter)

Ingredients

Biscuits:

- 225g plain flour
- 110g caster sugar
- 150g cold butter cut into small pieces
- 1 tsp vanilla extract

Royal Icing with aquafaba:

- 60ml aquafaba (the water from a can of chickpeas)
- 1 tsp cream of tartar
- 480g icing sugar
- 2 tsps/10ml lemon juice

Baking instructions

1. Preheat the oven to 175°C.
2. Cover the trays with baking paper.
3. Mix all the ingredients together, by hand or with a food processor, until they become a lump of dough.
4. Roll out half of the mixture on a work surface dusted with flour.
5. Cut out the biscuits and place them on the baking tray with a couple of centimetres space between.
5. Re-roll and cut again with the remaining mixture.
7. Bake for 10-15 minutes, until the edges of the biscuits start to turn golden.
8. Leave them to cool on the trays to avoid cracking.
9. Leave the biscuits out in the open to dry for 4-6 hours or overnight, before piping line detail onto your biscuits.

Icing instructions*

1. Whisk the aquafaba and cream of tartar on high speed until it reaches white peaks (approx. 5 mins).
2. Add icing sugar and lemon juice, mix well.
3. Divide your icing for creating 'line' and 'flood' icings. Approx 1/3 will be needed for line and 2/3 for flood.

Line icing

4. Line-icing is used to outline the biscuits, and then to add details as the final step. The line-icing needs to have the consistency of toothpaste. Add icing sugar (a heaped spoon at a time) to thicken the icing, and add colouring as required.
5. Make piping bags from rolled cones of baking paper.

Flood icing

6. Flood-icing is used to fill larger areas of the biscuit with a smooth surface and needs to have the consistency of pouring custard. Add lemon juice or water one teaspoon at a time to thin, and add colouring as required.
8. Squeazy bottles are the easiest method for coverage, but piping cones or even just a teaspoon can work. Use a cocktail stick to help distribute the icing and fill every corner.



*Note: Royal icing can be stored at room temperature for up to three days. Mix well if it begins to separate.