



## SUPERLAMBANANA SHAKE

Recipe by Vikki Chapman: Winner Deserts And Drinks Category 2013

**Serves:** 1 to parties!

**Prep Time:** 10 minutes

### Ingredients:

1 banana per person

200ml per person of milk (any kind)

1 teaspoon Honey (optional)

### Step by step:

- 1 Don't bin those black bananas! Peel and slice into 2 cm chunks.
- 2 For each person: add a handful of frozen or freshly peeled banana chunks to a blender with 200ml of milk.
- 3 Blend until smooth.
- 4 Add honey for a sweeter taste.
- 5 Using frozen bananas will help turn the mixture into a thicker shake.

Each portion based on 4 servings contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
<b>194</b>	<b>32.3g</b>	<b>3.5g</b>	<b>0.5g</b>	<b>0.3g</b>	<b>3.4g</b>
10%	36%	5%	3%	5%	14%

of an adult's guideline daily amount



# MAKE 28 TASTE GREAT!



## Chef's tips *from Vikki*

We had a week of thinking of how we could reduce our food waste last year. I was always guilty of putting bananas that turned black and looked past their best into the bin. My son and I decided smoothies were the answer! I also tried freezing the extra bananas we didn't use, for later.

## Use up

Over-ripe bananas.

## Variations

Delicious shakes can be made of any fruit.

## Extra flavour

Try adding a chocolate drink dusting on the top.

## Freezer advice

Peel and slice ripe bananas into 2 cm chunks and place in a single layer onto a baking sheet. Put in the freezer and wait until frozen (you can transfer to a freezer bag once frozen). Recover as many handfuls as you need for immediate use.

## Vegetarian & vegan options

Suitable for vegetarians. Please use almond, coconut, hemp or soy milk if you are vegan.

## Allergy advice

Easily adaptable to avoid allergens and be suitable for most diets.

## Info:

Liverpool's sculpture Superlambanana was an icon for 2008 European Capital of Culture celebrations.

## SUPER LAMBANANA SHAKE

A brilliant way of using over-ripe bananas especially on a hot day or to provide a taste of Summer. The frozen banana bits turn the milk into a 'fast food' type frozen milkshake - but with only fun and goodness in it - just like Merseyside's own Superlambanana!

Make 28 Taste Great is organised by Merseyside Recycling and Waste Authority to help reduce food waste, which makes up 28% of waste sent to landfill in Merseyside and Halton. The competition for residents, looks for winning ways to use leftovers and ingredients to create imaginative, healthy meals with a regional flavour.



For lots more recipes and advice on making the most of your food, visit [recycleformerseysideandhalton.com](http://recycleformerseysideandhalton.com)

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