



Banana Peel Cookies



We always through the banana peel away but you can cook with these.

These cookies can save some food waste by eating up the peel instead of it ending up in the bin.

Banana skins are full of nutrients, including the important vitamins B6 and B12.

B vitamins help you have more energy.

Give your bananas a rinse before you eat the peel and always work with a grown-up in the kitchen.

What you need

400g banana peel

2 eggs

150g sugar

150g butter

400g plain flour

What to do

- Preheat the oven to 150°C.
- Place water in a saucepan, add banana peels, bring to a steady simmer and cook for 15 minutes.
- When the peel is cooked, drain the water and blend the peel in a food processor.
- Gradually add in the flour, sugar, eggs and butter. Mix until you get a sticky dough
- Shape the biscuits
- On a tray lined with baking paper, bake the biscuits for 15 minutes until golden brown. These will be quite goo-ey



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