

MINISTRONE VERDE SOUP

Serves: 4 **Time:** 30 minutes

Ingredients

- 100g leftover cooked pasta ●
- 100g frozen peas
- 50g green beans, chopped
- 50g asparagus, chopped
- 1 courgette, chopped
- 2 celery sticks, chopped
- 6 basil leaves
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 **tbsp** of olive oil ●
- 2 chicken or vegetable stock cubes ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM SCOTT

Scott Archer and the Inspire Catering team cater for 600 pupils and staff at Kelvinside Academy every day. Together with food waste mascot Healthy Holly, he works to raise awareness amongst the pupils to keep food waste to a minimum.

No fresh basil to hand? Don't worry, dried works well too in this recipe - and for a tasty garnish grate over some hard cheese, like parmesan for example.

Method

1. Fry the onion and garlic in the olive oil.
2. Add 1 litre of water, the stock cubes, all remaining vegetables and bring to the boil.
3. Add the pasta to the pan and simmer for approximately 20 minutes.
4. Tear up the basil leaves and add to the soup for the last 5 minutes of cooking.
5. Serve with a sprinkling of parmesan cheese.



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FOOD TIP

Peas are little powerhouses of nutrition and cooking them from frozen (like all vegetables) is just as good for you as cooking them from fresh. In fact, frozen vegetables are great at preventing food waste too, as you can just take what you need and store the rest.

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ORKNEY PÂTÉ

Serves: 4 **Time:** 5 minutes

Ingredients

1 small tin of mackerel in oil

1 **tbsp** heaped or 2 **sachets** of horseradish sauce

1/2 tub of soft/cream cheese ●

A good squirt of lemon juice (fresh or bottled)

Black pepper to taste ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM MARY

Mary Rutter leads on the food waste projects at Orkney Zero Waste. She's a keen advocate of community partnership working, has a strong interest in re-use and recycling and a great passion for passing her knowledge and skills on to others.

No mackerel in the cupboard? Tinned tuna or salmon is a great alternative here. You can also top up the soft cheese with cream or crème fraîche if needed and if you used a fresh lemon, grate zest over as a garnish.

Method

1. Mix all the ingredients together with a fork until you get the consistency that you want - coarse or smooth.
2. Serve straight away or store in the fridge in an airtight container for up to three days.
3. Serve with bread, crackers or oatcakes.



FOOD TIP

Drain the oil off the mackerel and store in the fridge in an airtight container. This can then be used when cooking fish or tattie scones, or add it to the mash of a fish pie instead of butter.



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HEALTHY NOODLES

Serves: 1 **Time:** 10 minutes

Ingredients

- 40g finely sliced cooked chicken or ham ●
- 1 spring onion, very finely sliced
- 1 **tbsp** grated carrot
- 1 **tbsp** grated courgette
- 1 handful of very finely chopped spinach
- 1 small clove garlic, very finely chopped
- 1 nest rice noodles (the kind that only need to be soaked in hot water)
- 1 **tsp** sesame oil ●
- 1/4 chicken stock cube ●
- 1/2 **tsp** chilli powder or curry powder ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM CHRIS

Chris Mantle is a Senior Food and Health Development Worker with Edinburgh Community Food. He's passionate about educating people in nutrition and health, cooking and food hygiene in a straight forward and easy-to-understand way.

No sesame oil? Vegetable oil would do the trick too.

Method

1. Prepare the vegetables keeping them very small or grated.
2. Finely slice the chicken.
3. Place the noodles in a bowl, cover with just boiled water, place a plate on top and leave for 5 minutes.
4. In another bowl, add the teaspoon of sesame oil, all the vegetables, chicken, chilli powder, stock cube and 1/2 a mug of just-boiled water.
5. Drain the noodles, transfer them to a bowl and add the vegetable and chicken mix.
6. Stir well.



FOOD TIP

These healthy noodles are great for taking to work for lunch. You can also store them in an airtight container in the fridge for a healthy snack anytime of day. Can be eaten hot or cold.



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BETROOT RAVIOLI

Serves: 2 as a starter **Time:** 1 hour

Ingredients

2 medium beetroots
2 large parsnips
Olive oil ●
1 tsp chilli powder ●
Salt and black pepper ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM VIVIAN

Vivian Maeda, Food for Thought Programme Manager at Business in the Community Scotland, grew up cooking with her mum using local, seasonal and Asian ingredients. She's passionate about creating new dishes and tweaking traditional recipes by giving them a current and healthier twist.

Need garnish inspiration? Use what's already in your kitchen. We used microherbs, sesame seeds, balsamic dressing and goat's cheese.

Method

1. Wash the beetroots and peel them. Use a mandoline slicer or potato peeler and slice the beetroot very thinly. Set them aside. If you don't like raw beetroot, blanch them for 3 minutes and let them cool.
2. Peel the parsnips and chop into very small cubes. Add them to a medium pot and soften with the olive oil. Add salt, pepper and chilli powder. Then add 100ml of water and cook until very soft.
3. With a hand blender, blend the parsnips into a paste.
4. Season to taste.
5. Take each slice of beetroot and fill with parsnip paste. Carefully close the beetroot by bending in half. The parsnip paste should be sticky enough to close and form the ravioli.
6. Place the ravioli on a plate and garnish with wild leeks, sprouting beans, dill, microherbs, balsamic dressing and/or goat's cheese, or a garnish of your choice.



FOOD TIP

Save cooked beets, or any other vegetables such as carrots and squash, for later. Let them cool, chop them and freeze them in labelled bags. They will be perfect in stews and soups.



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CHEAT'S CAULIFLOWER CHEESE

Serves: 4 **Time:** 20 minutes

Ingredients

- 1 large cauliflower ●
- 1 large knob of butter ●
- 150ml cream ●
- 100g grated hard cheese
- 75g breadcrumbs ●
- Salt and pepper ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM KATHLEEN

Kathleen Vaughn is the Waste Wise Volunteers Coordinator with Changeworks. She kept a food waste diary for her family of three for a year. They wasted approximately £280 - less than the average, but she knows there's still more to save!

Not enough cream in the fridge? Top it up with crème fraiche or a little whole milk.

Method

1. Cut the cauliflower into small florets. Place in a pan and cover with lightly salted water. Bring to the boil and simmer for about 5 minutes or until al dente.
2. Drain well, toss with the butter, cream and plenty of salt and pepper.
3. Preheat the grill to medium high. Place the cauliflower florets into a shallow ovenproof dish in which they fit in one layer.
4. Combine the cheese and breadcrumbs and scatter generously over the top.
5. Place under the grill until golden brown and toasted.
6. Serve straight away as an accompaniment.



FOOD TIP

Make use of stale bread by blitzing it in a blender to make breadcrumbs. Store the breadcrumbs in a bag in the freezer for use on all sorts of dishes such as cauliflower cheese, fish cakes and croquettes.



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MUFFIN TIN POTATO CROQUETTES

Makes: 8 croquettes **Time:** 30 minutes

Ingredients

2 cups leftover mashed potato or any mashed root vegetable ●

1 egg ●

1/3 cup grated mature cheddar cheese

2 tbsp chopped chives ●

Homemade breadcrumbs ●

Olive oil spray (or use a pastry brush to apply bottled oil sparingly) ●

Salt and pepper to taste ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM VERONICA

Veronica Formosa Hamilton works in Perth and Kinross Council's waste team, and it often reminds her how we could all be doing more to reduce our waste! She loves to cook for family, colleagues and friends and looks for inspiration online, when eating out, and abroad.

No leftover mature cheddar? Any strength of cheddar works well in this recipe and if you don't have chives use a combination of finely chopped leeks and onions.

Method

1. Combine mashed potato, egg, grated cheese and chives well. Season with salt and pepper.
2. Grease a standard muffin tin using olive oil spray.
3. Shape the mixture into croquettes and roll in breadcrumbs.
4. Place croquettes into the muffin tin and spray tops with olive oil spray.
5. Cook in a preheated oven at 200C for 16-20 minutes or until golden.
6. Serve with sour cream and chives.



FOOD TIP

Leftover fresh herbs, such as chives, freeze well for later use. Just chop them, place them in a sealable bag, date and freeze!



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COURGETTE AND SWEET POTATO LOAF

Serves: 6 Time: 1 hour

Ingredients

- 5 eggs lightly beaten ●
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 450g grated courgette
- 250g peeled and grated sweet potato
- 150g ground almonds
- 1 tsp baking powder
- 1/2 cup of nutritional yeast or strong cheese
- 2 tbsp pesto
- 1 tbsp dried rosemary ●
- A few cherry tomatoes to top
- Salt and pepper ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM IRENE

Irene Mosota runs I'm Perfect Foods. She loves to find innovative ways to cook food, share tips about food, eat food, save food, and talk about food. As she says - it's such a common language and a great connector!

No cherry tomatoes to hand? You can use any kind of tomatoes to garnish, even ones a little past their best would work well!

Method

1. Line a baking tin (20cm x 30cm, or similar size) with grease-proof paper.
2. Grate the sweet potato, courgette, onion and garlic as above. If you have a food processor, use the grater blade.
3. Mix the courgette, sweet potato, ground almonds, rosemary, yeast or cheese, and salt and pepper together in a large bowl.
4. Make a well in the mixture and add the eggs and pesto. Mix well.
5. Stir in the onions, garlic and baking powder.
6. Line a baking tin with grease-proof paper. Pour in the mixture, spreading evenly, and top with tomatoes.
7. Bake for 40-50 minutes at 400F/200C. The loaf is cooked when a skewer comes out clean.



FOOD TIP

Dried out or sprouted garlic can be transformed by roasting! Remove the papery outer skin, chop 1/2 cm from the top, drizzle in oil, wrap in foil and bake in the oven at 200C for an hour, or until soft. Delicious spread on buttered toast or crusty bread!



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TURKEY TAGINE

Serves: 4 **Time:** 1 hour 30 minutes

Ingredients

Fresh turkey leg meat off the bone, cut into bite sized chunks ●

1 red pepper, chopped

1 courgette, chopped

250ml chicken stock (1/2 stock cube) ●

2 tins chopped tomatoes

1 tin chickpeas

2 onions, chopped

1 tsp fresh ginger

2 cloves garlic, crushed

2 tbsp coriander

4 tsp ras el hanout

1 preserved lemon*

2 tbsp oil ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM CLAIRE

Claire Templeton is Transition Stirling's Volunteer Co-ordinator. She loves experimenting with her cooking and trying different ways of preserving and storing seasonal ingredients.

No leftover turkey? No problem - most meats work well in this recipe. Also, the coriander can be fresh or dried. As an alternative to ras el hanout, use garam masala and cayenne pepper, or curry powder with either dried ginger or cinnamon.

Method

1. Heat the oil in a large pan and add the chopped onions, chopped fresh ginger and garlic. Cook gently for 5 minutes.
2. Add the turkey meat and cook gently for 10 minutes.
3. Add the red pepper, courgette, tinned tomatoes, chickpeas, diced preserved lemon*, ras el hanout, chicken stock and coriander.
4. Simmer for 30 - 45 minutes then add seasoning to taste. Continue to simmer for a further 30 minutes so the flavours infuse.

*Remove excess salt from the lemon and when first using add in quarters to your dish, tasting until you get the desired flavour.



FOOD TIP

Try preserving your own lemons so they can be stored and used whenever you need them. Chop the lemons into six segments, pop them in an airtight jar layered with coarse sea salt and leave for at least three months, turning the jar over every few days.



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SALMON FISH CAKES

Serves: 2 **Time:** 20 minutes

Ingredients

- 250g leftover mashed potato ●
- 2 tbsp of any herbs (parsley, dill and chives work particularly well)
- 1 tsp mustard
- 1 lemon with 1 tbsp juice squeezed and 1 tbsp zest grated
- 1 beaten egg ●
- 2 salmon fillets or 1 tin (213g)
- 1 tbsp heaped plain flour ●
- 75g homemade breadcrumbs ●
- 3 tbsp sunflower oil ●
- Salt and pepper to taste ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM STUART

Stuart Miller from Meal Makers, spent the first 18 years of his life as an insufferably fussy eater (his words!), but when he left home and started cooking for himself his relationship with food was transformed. Eating well and cooking with fresh ingredients is really important to him. He loves to cook a wide variety of dishes, including Indian, Caribbean, Thai and of course Scottish!

No green beans or cherry tomatoes to use up? Any fresh or frozen vegetables will make a tasty accompaniment. If you don't have sunflower oil just use olive or vegetable oil.

Method

1. Mix the potato, mustard, lemon juice and zest, herbs and seasoning.
2. On a baking sheet, season the salmon with salt and pepper. Grill for 5-6 minutes until just cooked. Allow to cool, remove skin and break into large flakes.
3. Mix the salmon into the potato mixture, taking care not to let the flakes break up too much. Form into four equally sized round patties.
4. Put the flour, beaten egg and breadcrumbs into three separate plates. Dip the patties into the flour (dusting off any excess), then dip in the egg, and then the breadcrumb to coat all over.
6. Fry the fish cakes in the sunflower oil over a medium heat for approximately 3 minutes on each side until the breadcrumbs are golden and the fish cakes are cooked through.
7. Serve the fish cakes with a sprinkling of lemon zest. We suggest cooked green beans and cherry tomatoes as a side.



FOOD TIP

Don't chuck leftover mashed potato away as you will be denying yourself an array of possibilities for second helpings! You can use your left over mash in fish cakes, croquettes, scones, waffles, pancakes, baked potato swirls or gnocchi.



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VEGGIE STEW WITH BUTTERED CABBAGE

Serves: 4 **Time:** 1 hour 20 minutes

Ingredients

- 1 broccoli head, chopped into small florets ●
- 1 small cauliflower, chopped into small florets ●
- 1/2 head celery, roughly chopped
- 1 onion, roughly chopped
- 1 bunch spring onions, whites only, chopped roughly
- 1 bulb garlic, cloves skinned and kept whole
- 500g carton passata
- 1 can butter beans
- 1 cup water
- 1 knob of butter ●
- 1 vegetable stock cube ●
- Salt and pepper ●

Buttered Cabbage

- 1/2 head of cabbage
- 1 knob of butter ●
- Salt and pepper ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM KEN

Ken Harris, from Glasgow City Council, is interested in all aspects of food and sustainability – from local sourcing and using healthy ingredients to minimising food waste and the climate change impacts of food in all its forms.

Don't have enough cauliflower or broccoli? You can use any vegetables - just keep them chunky! Also, tinned tomatoes or tomato puree with a little water are a good alternative to passata.

Method

1. In a large pan, melt a knob of butter and add the onions, spring onion whites and garlic cloves. Soften over a low heat for 2-3 minutes.
2. Add remaining vegetables and gently fry.
3. Stir in the passata, water, butter beans, stock and seasoning.
4. Put lid on pan and cook for 60 minutes, checking regularly to stir and add more water if necessary.
5. Prepare the buttered cabbage. Add shredded cabbage to a non-stick pan with a few tablespoons of water. Cook until tender. Drain any remaining water and stir in a knob of butter, salt and pepper to taste.



FOOD TIP

You should have a good pile of veggie stalks and leaves left over from this recipe, which work great in a stir fry. Finely slice the stalks and leaves adding extra vegetables such as carrots, mushrooms and peppers. Try adding a dollop of peanut butter and a squeeze of lime to your stir fry for something a bit different!

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RAINBOW FRIED RICE

Serves: 2 **Time:** 25 minutes

Ingredients

Vegetables of your choice, we've used; peppers, red onion, mushrooms, green beans and spinach ●

200g cooked chicken (or any meat of your choice) ●

1 egg ●

2 inch cube finely chopped ginger

2 cloves garlic, crushed

1 tbsp coconut oil

1 tbsp tamari

1 tbsp sesame oil

400g cooked brown rice

1 chilli (optional)

Small handful roasted cashews (optional)



WHAT'S IN
YOUR KITCHEN?



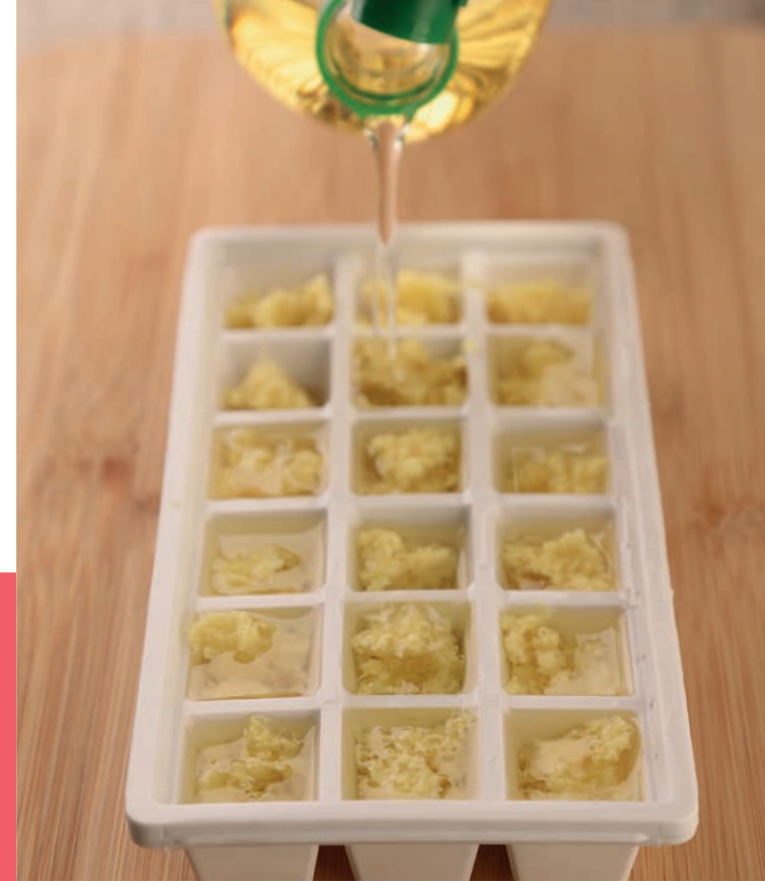
RECIPE FROM HAILEY

Hailey Thomson is the brains behind Your Health Angel. She focuses on using wholesome ingredients to make simple, healthy, tasty meals that feed and nourish the body. All Hailey's recipes are created using FIVE basic ingredients and easy to follow steps.

No tamari sauce in the cupboard? You can use soy sauce instead. While coconut oil and sesame oil will add flavour, they are not essential – you can use any vegetable oil.

Method

1. Melt the coconut oil in a wok and fry the ginger, garlic, chilli (if using) and vegetables for a few minutes.
2. When browned, crack an egg in and scramble quickly.
3. Add in the cooked brown rice, cooked chicken, and tamari and fry for another few minutes.
4. When nearly ready add in chopped spinach and mix through for 30 seconds.
5. Turn off heat and pour over sesame oil, mix and then serve.
6. If you want, garnish with chopped cashews.



FOOD TIP

Freeze any remaining ginger and it will last for up to six months. Grate into sections of an ice cube tray and cover with a little oil. It's a great way to make sure you always have ginger on hand.



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SWEET POTATO FRITTATA

Serves: 4 **Time:** 20 minutes

Ingredients

- 3 small sweet potatoes, whole
- 1 red onion, halved and thinly sliced
- 1 red pepper, roughly chopped
- 1 courgette, roughly cubed
- 6 large eggs ●
- 75g blue cheese ●
- 1 clove garlic, crushed
- 1 tsp oregano
- 1/2 tsp chilli flakes
- Olive oil ●
- Salt and pepper to taste ●



WHAT'S IN
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RECIPE FROM SUSTAINABLE STRATHCLYDE

Sustainable Strathclyde is an enthusiastic team committed to reducing the environmental impact of Strathclyde University and promoting the wider engagement of staff and students on sustainability issues.

No red peppers or courgettes? Not a problem as you can add any vegetables you have available. Also, any soft cheese, such as goat's or brie, works nicely in this recipe too.

Method

1. Prick sweet potatoes with a fork and microwave for 2-3 minutes until soft.
2. Meanwhile, add some oil to a medium sized frying pan and fry the onions, garlic, pepper and courgette on a medium-high heat, add some salt and cook until soft and the onion is browned, about 5 minutes. Remove from heat and let cool slightly.
3. Carefully peel the cooked sweet potatoes, cut into chunks and let cool slightly.
4. In a large mixing bowl whisk the eggs with salt, pepper, chilli flakes and oregano, then add the sauteed vegetables and sweet potatoes.
5. Using the frying pan from earlier, add a little oil and pour in the egg mixture then evenly sprinkle lumps of cheese on top. Cook on the hob at a medium heat for about 5 minutes.
6. Transfer to a medium grill until firm and golden on top.
7. Serve with a fresh salad, steamed broccoli or roast vegetables.



FOOD TIP

You can use up leftover cheese in lots of different recipes. Simply keep all the small ends of cheese you may have and use in this sweet potato frittata or potato croquettes for example. The possibilities are endless!



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VEGETABLE CURRY

Serves: 4 **Time:** 45 minutes

Ingredients

- 1kg mixed vegetables ●
- 3 onions, peeled and roughly chopped
- 1 clove garlic, peeled and chopped
- 1 tin chickpeas
- 1 tin chopped tomatoes
- 1 tbsp tomato puree
- 300ml vegetable stock (1 stock cube) ●
- 400g rice
- 1 tbsp curry powder (add more if you like it hotter) ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM JAMES

James Welsh runs the community training kitchen for Community Food North East (CFINE). James likes to cook with good quality local ingredients in dishes from steak and homemade chips to beef wellington.

There's no limits to this curry! You can use any vegetables that need using up in this recipe – frozen vegetables can be mixed in too.

Method

1. In a large pan, combine all the ingredients except the rice, add the vegetable stock and mix thoroughly.
2. Bring to the boil, reduce the heat and allow the mixture to simmer, stirring occasionally.
3. Cook for 30 minutes until the vegetables are tender and the stock has reduced to produce a nice, thick sauce.
4. Cook the rice as per the packet instructions.
5. Serve the curry with the rice and a warm naan bread.



FOOD TIP

Curry portions freeze well and are great for easy mid week meals. Just cool and place in a date-labelled, airtight container for up to six months.



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FRUIT CHEESECAKE

Serves: 6 Time: 1 hour

Ingredients

- 400g jam and overripe soft fruit combined ●
- 400g of soft cheese
- 400g of digestive biscuits
- 200g of butter or margarine ●



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM LIZ

Liz Richards was shortlisted for this recipe in a competition run by Zero Waste Highland Perthshire in 2016.

Not enough digestive biscuits? Make up the total with any plain biscuits you have available. All soft cheeses, e.g. marscapone, ricotta or cream cheese, or a combination, will work here.

Method

1. Place the biscuits in a plastic bag and crush with a rolling pin.
2. In a pan, melt the butter or margarine and add the biscuit crumbs.
3. Press the mixture into a greased 20cm diameter flan dish.
4. Place the soft cheese in a bowl. Add the jam and fruit and mix together. Spread the mixture on top of the biscuit base and chill in the fridge for two hours, until set.



FOOD TIP

Make use of those almost empty jars of jam at the back of your fridge! Mix the jams together with any overripe fruit you may have to make this delicious cheesecake.



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APPLE AND BRAMBLE CRUMBLE

Serves: 8 Time: 45 minutes

Ingredients

Crumble topping:

240g plain flour ●
120g caster sugar
120g unsalted butter ●
60g oats

Fruity filling:

600g apples ●
230g brambles (or blackberries) ●
60g unsalted butter ●
60g demerara sugar
1 tsp ground cinnamon
2 tsp all spice



WHAT'S IN
YOUR KITCHEN?



RECIPE FROM CARA

Cara MacKay, from Lochaber Environmental Group, is passionate about living as sustainably as possible. She actively promotes waste reduction, reuse and recycling! Cara loves to cook, and always strives to reduce her food waste as much as possible.

No brambles or blackberries available? Any fruit that needs used up can be added! Also oats are not essential, nor is the cinnamon, so why not try nutmeg instead?

Method

1. Heat oven to 190C. Tip the flour and sugar into a large bowl. Add the butter and rub into the flour using your fingertips to make a light breadcrumb texture. Do not overwork it or the crumble will become heavy. Gently mix in the oats and set aside.
2. Peel, core and cut the apples into small wedges and place in ovenproof dish. Add the brambles placing them evenly between the apples. Sprinkle with all spice, cinnamon and sugar. Bake in the oven for 5 minutes.
3. Remove from oven and sprinkle crumble mixture on top. Place back in the oven and cook for 20-25 minutes.



FOOD TIP

Baked apple chips are a great way of using up spare apples. Just thinly slice whole apples, space evenly on a baking tray and bake in the oven for 1 hour at 110C. Let cool and enjoy!



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