

EAT WELL. SAVE MONEY. WASTE LESS.

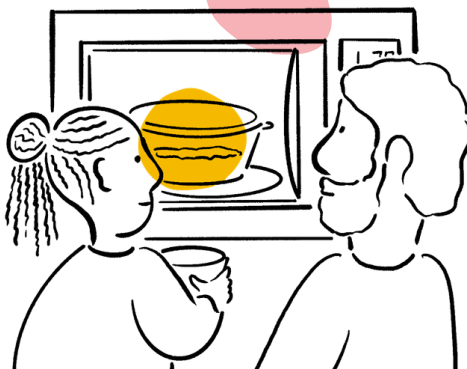


CLIMATE CONNECTIONS RECIPE BOOK

Simple recipes & practical
tips to help you save
money, reduce waste &
make your food go further



Climate Connections
is funded by Plymouth
City Council.



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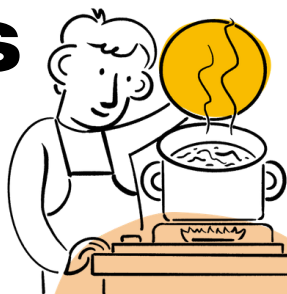
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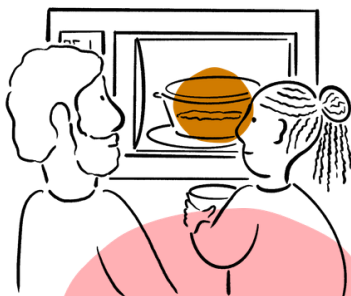
39. **Match the Seasons**



QUICK WIN

Put a lid on your saucepan

It will boil twice as quickly and save half the energy too!



QUICK WIN

Cook your porridge in a microwave

It uses 80% less energy than a standard electric hob!

QUICK WIN

Try Meat-Free Mondays!

Swapping meat for plant-based staples can cut your food bill by up to 40%!



Better value, less waste

Food is one of the biggest household expenses, but a few simple habits can help your food go further.

This recipe book brings together practical tips, affordable recipes and easy ideas to help reduce food waste, make the most of seasonal ingredients and save money in the kitchen.

Along the way, many of these choices can also be good for the environment, making them a win for both people and planet.

Whether you're cooking for yourself, your household or your community, this is about making food work for you.



Understanding the recipe ratings



Smart Saver

Great value ingredients that are budget-friendly, versatile and excellent for reducing food waste.



Kitchen Friendly

Affordable everyday meals that make good use of cupboard staples, seasonal ingredients and leftovers.



Thoughtful Choice

An option that includes ingredients with a higher environmental impact, such as fish or cheese, while still helping you make good food choices.



Budget Friendly

Under £1 per serving



Great Value

From £1 to £2 per serving



Special Treat

More than £2 per serving

Recipe costs are estimated using typical Aldi UK own-brand ingredient prices and are intended as a guide only. Prices may vary between stores, locations and throughout the year.

What's in your fridge?

Start with what you have

Before heading to the shops, try and get into the habit of checking your fridge, freezer and cupboards. You might just find vegetables that need using up, tinned goods that you've forgotten about and hidden freezer staples.

A quick scan helps avoid doubling up and makes it easier to plan meals around what's already there.

One base, multiple meals

Cooking once and using it through the week can save time, money and effort. So many recipes can be built around a flexible base of ingredients to make tasty meals.

Try using up ingredients in:

- Stir fries
- Pasta dishes
- Soups or stews
- Wraps or sandwiches
- Grain bowls or salads



Make your freezer work harder

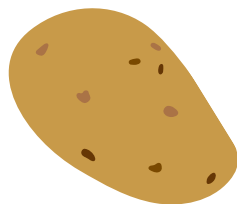
Your freezer is one of the most useful tools for reducing food waste. Try:

- Freezing leftovers in portion-sized containers
- Keeping staples like frozen vegetables or grains on hand
- Freezing bread, herbs or cooked meals before they go to waste

This can make future meals quicker and easier and save you money in your pocket too.

From forgotten to flavoursome

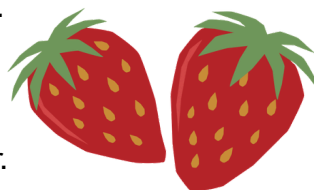
Some of the most commonly wasted items are the easiest to use up:



Bread: Slice and freeze what you won't use straight away, then toast from frozen. Bread that's gone a bit stale works perfectly for toast, croutons or breadcrumbs.

Vegetables: Keep an eye on what needs using first and build meals around it. Vegetables that are past their best can be added to soups, sauces or stir-fries. Vegetable trimmings can also be frozen and used as a vegetable stock base.

Fruit: Overripe fruit is perfect for smoothies, baking or adding to porridge. You can also chop and freeze it to use later.



Potatoes: Grate potatoes to make hashbrowns or use them in soups or stews. They're also great as homemade wedges or fries.

Building simple habits around these foods can make a big difference over time, to your budget and your overflowing cupboards.

Low-cost top tip

The cheapest food is often the food you've already bought!

Good for you, good for your bank balance

Using what you already have often leads to more balanced meals, less reliance on last-minute takeaways and lower food bills. It's a small shift, but one that can make everyday life feel a little easier.

Eat fresh. Buy local.

Follow the seasons

Seasonal produce is often fresher, more affordable and lower in environmental impact. It also tends to taste better and last longer, making it easier to use everything you buy from the shop.



Shop locally where you can

Local markets and producers can offer shorter supply chains, less packaging and a chance to support local business, putting your money back into the city's economy. Even occasional swaps, like buying your dinner ingredients locally, can make a real difference.

Make the most of your cupboards

Simple ingredients such as beans, grains, pasta and tinned vegetables can stretch meals further, reduce food waste, save money and help build balanced meals. They also make it easier to create quick and tasty dinners without extra trips to the shop, saving on emissions through transport too.

Build meals around what lasts

Choosing ingredients with a longer shelf life can help reduce waste. Choosing root vegetables, frozen foods and dried goods as the foundation to your meals supports healthier diets, reduces spending on food and lowers your carbon footprint.

Easy money saving swaps

- Local veg instead of imported
- Seasonal fruit instead of flown produce
- Try budget-friendly plant-based meals

Weekly Meal Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

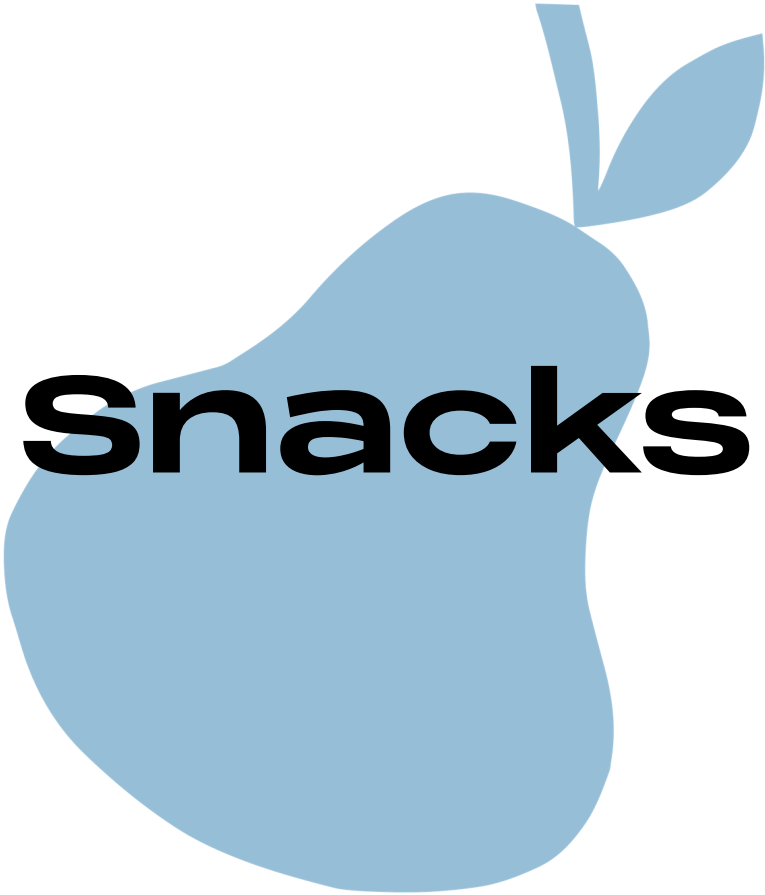
KITCHEN SAVINGS CHECKLIST

- ☐ I FROZE FOOD BEFORE IT WENT TO WASTE
- ☐ I CHECKED THE FRIDGE BEFORE SHOPPING
- ☐ I USED UP LEFTOVERS THIS WEEK
- ☐ I ATE A PLANT-BASED MEAL

WHAT'S ALREADY
IN YOUR FRIDGE?

Top tips

- Plan meals
- Freeze leftovers
- Buy seasonal
- Try plant-based meals

A large, stylized blue fruit, possibly an apple or pear, with a single green leaf at the top. The word "snacks" is written in bold black lowercase letters across the middle of the fruit.

snacks

Apple & Oat Energy Bites



Makes: 10-12 bites

Prep: 10 mins

Chill: 30 mins

£ 15p
a bite!

2.9g of
protein
per bite!



24g of CO₂
per bite!

Ingredients:

1 apple, grated

85g of oats

pinch of cinnamon

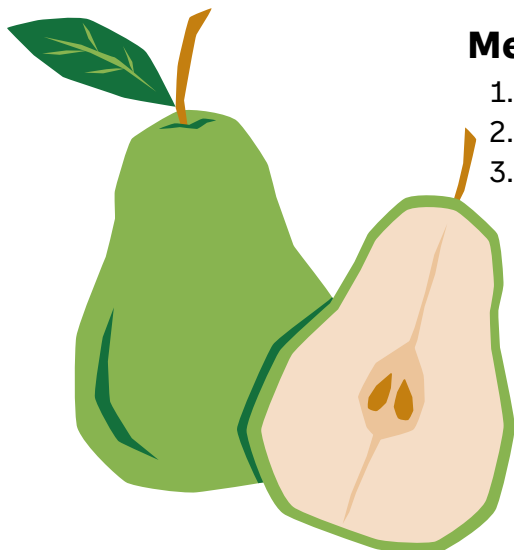
2 tbsp of peanut butter

1 tbsp of honey or

maple syrup

Method:

1. Mix all ingredients in a bowl
2. Roll into small balls
3. Chill for 30 minutes



**Make it
your own**

- Use overripe fruit
- Add seeds or nuts

Leftover Bread Toasted Croutons



Serves: 4

Prep: 5 mins

Cook: 10 mins

£ 12p per
portion

64g of
CO₂ per
portion!



Ingredients:

stale bread

1 tbsp of olive oil

herbs or garlic to taste



Method:

1. Preheat your oven at 180°C.
2. Tear your bread into chunks.
3. Toss in a bowl with oil, herbs and garlic.
4. Bake until crisp and golden.

Low-cost top tips

- Use up forgotten or stale bread
- Serve with salads or with the fridge clear out soup!

Seasonal Veg Sticks & Easy Hummus

£ 65p per portion!



Serves: 4

Prep: 10 mins

7g of protein per portion!

207g of CO2 per portion!

Ingredients:

2 carrots
½ cucumber
3 celery stalks

for the hummus:

1 can of chickpeas
2 - 6 tbsp of olive oil
3 tbsp of tahini
½ lemon, juiced & zest
1 garlic clove

Make it your own

- Use seasonal, local veg
- Jazz up your hummus with paprika or flavoured oils

Method:

1. Slice vegetables into sticks.
2. Drain & rinse chickpeas.
3. Add to a food processor with oil and blitz smooth.
4. Add garlic, lemon & tahini, blitz again until smooth.
5. Serve with lemon zest & a swirl of olive oil.

Roasted Chickpeas



Serves: 4

Prep: 5 mins

Cook: 25 mins

Ingredients:

1 can of chickpeas

1 tbsp of olive oil

1 tsp of paprika

salt & pepper

£ 22p per portion!



63g of
CO₂ per
portion!

Method:

1. Pre-heat your oven at 200°C.
2. Drain, rinse and dry chickpeas.
3. Toss in a bowl with oil and spices.
4. Roast for 20 to 30 minutes until crisp.

15g of
protein per
portion!



Make it your own

- Try different spices such as chilli, curry or bagel seasoning

Homemade Flatbreads

£ 15p per portion!

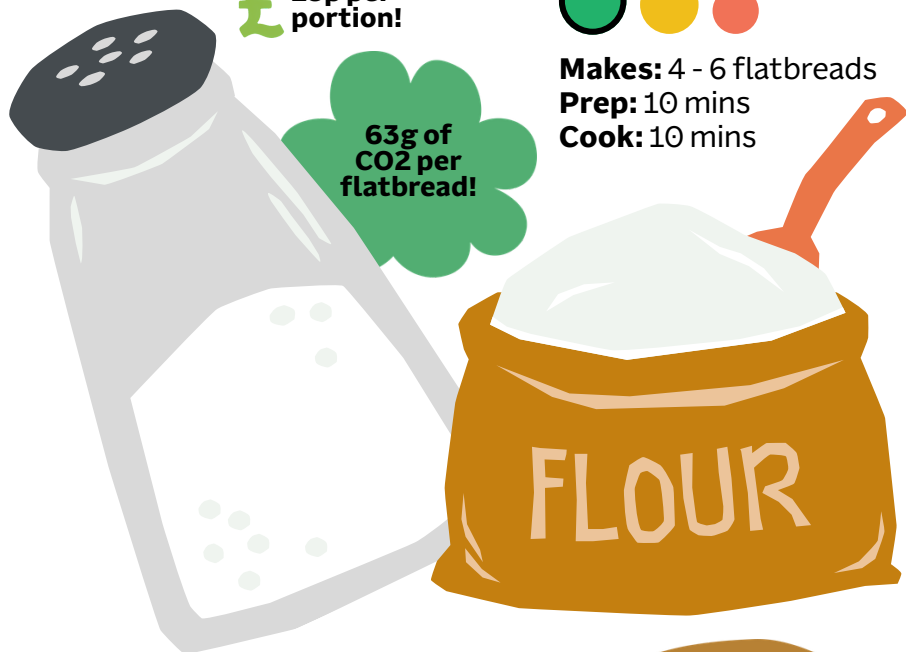


Makes: 4 - 6 flatbreads

Prep: 10 mins

Cook: 10 mins

63g of
CO₂ per
flatbread!



Ingredients:

200g of plain or wholemeal flour
¼ tsp salt
100ml of warm water
2 tbsp of olive oil, plus extra
for cooking

Low-cost top tips

- Freeze and save for later. Just make sure to separate with greaseproof paper!

Method:

1. Mix flour and salt together.
2. Gradually add water and combine into a dough.
3. Add the oil.
4. Knead the dough for 2 minutes.
5. Roll out into balls using a rolling pin (or empty wine bottle!).
6. Heat a frying pan over medium heat.
7. Add oil and fry for 2 minutes on each side.

Leftover Veg Fritters



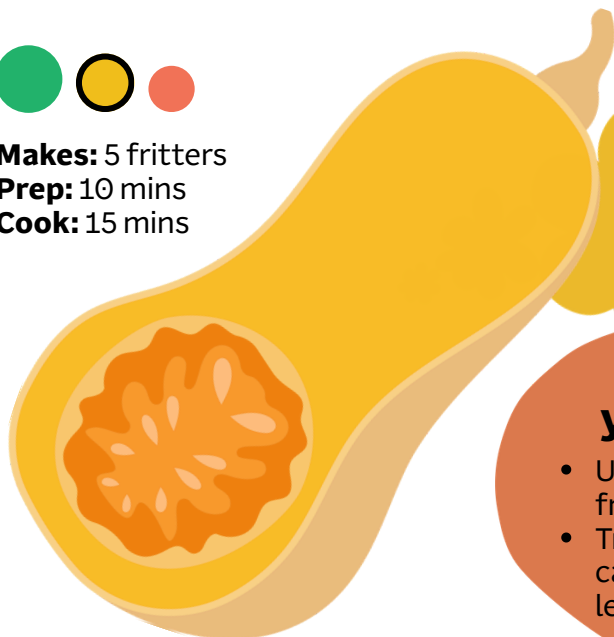
Makes: 5 fritters

Prep: 10 mins

Cook: 15 mins

£ 40p per fritter!

299g of CO2 per fritter!



Make it your own

- Use up leftover or frozen veg
- Try with carrots, cauliflower or leafy veg

Ingredients:

1 large free-range egg
or plant alternative
50g self-raising flour
½ butternut squash

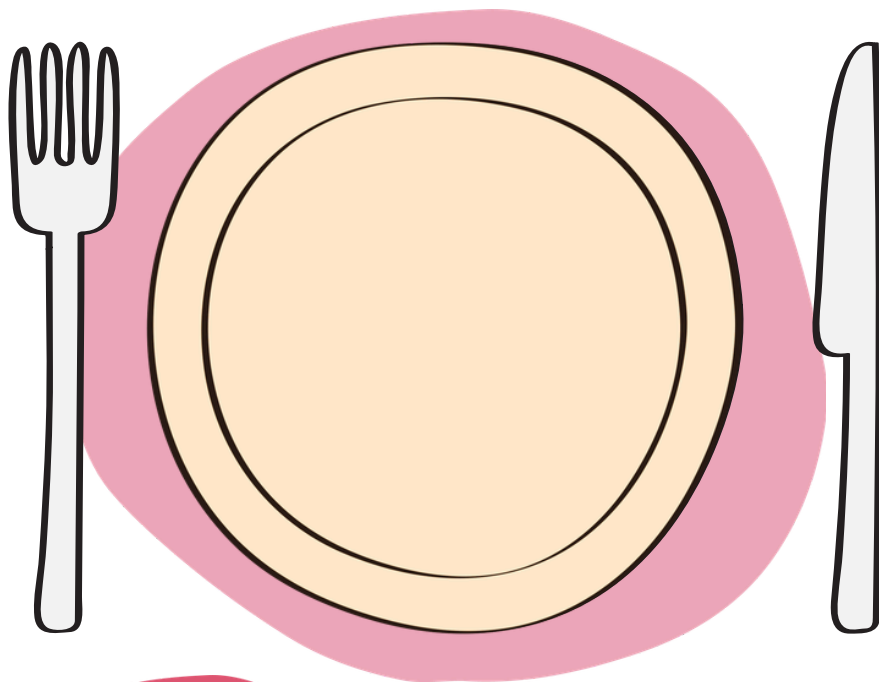
1 tin of sweetcorn
2 spring onions
4tbsp of olive oil
salt & pepper

Method:

1. Grate the butternut squash, cut the spring onions and drain the sweetcorn.
2. Whisk the egg and flour together in a large bowl
3. Add the butternut squash, sweetcorn and spring onions.
4. Season to taste with salt and pepper.
5. Heat the oil in a large frying pan over a medium heat.
6. Spoon in 5 fritters and cook for 3 minutes on each side, or until crisp and golden brown.

Create a colourful lunch plate!

Draw a meal using seasonal and local ingredients. Extra points for using food you already have at home.



Bonus challenge!

- 3 types of vegetables
- Something grown in the UK
- A meat-free ingredient
- 5 different colours

Try and include:

- A seasonal vegetable
- A locally grown fruit or vegetable
- A plant-based protein such as beans, lentils or peas
- A filling ingredient like potatoes, rice or pasta
- Lots of different colours



Main Meals

Root Veg Roast Bowl

£ 95p per portion!

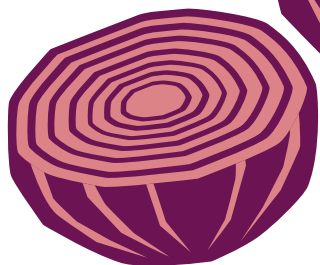


Serves: 4

Prep: 10 mins

Cook: 35 mins

260g of
CO2 per
portion!



Make it your own

- Use up leftover veg or rice
- Add beans or lentils to make the meal go further

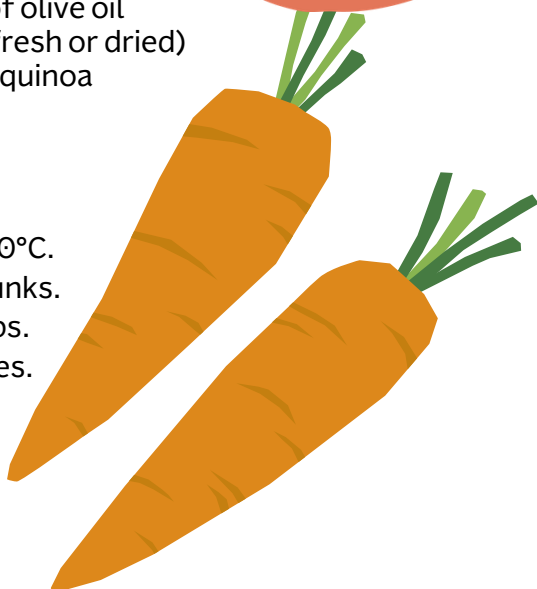
Ingredients:

2 sweet potatoes
2 carrots
2 parsnips
1 onion

3 garlic cloves
1 tbsp of olive oil
herbs (fresh or dried)
cooked quinoa

Method:

1. Pre-heat your oven at 200°C.
2. Chop vegetables into chunks.
3. Toss in oil, garlic and herbs.
4. Roast for 30 to 35 minutes.
5. Serve over quinoa.



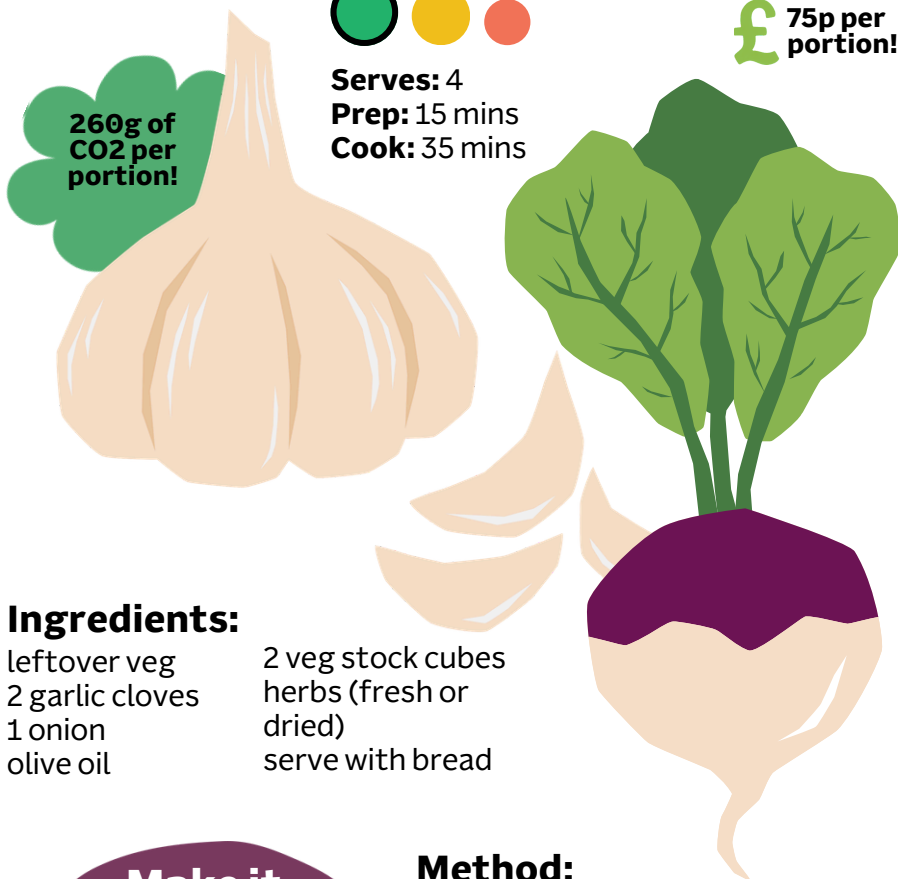
Fridge Clear Out Soup



£ 75p per portion!

Serves: 4
Prep: 15 mins
Cook: 35 mins

260g of
CO2 per
portion!



Ingredients:

leftover veg
2 garlic cloves
1 onion
olive oil

2 veg stock cubes
herbs (fresh or
dried)
serve with bread

Make it your own

- Add leftover beans or pasta
- Freeze portions for extra meals and save money on lunch!

Method:

1. Chop everything into chunks.
2. Cook the onion and garlic in oil in a saucepan.
3. Add vegetables and stock.
4. Simmer for 30 to 35 minutes.
5. Blend if preferred.
6. Serve with bread

Veg & Bean One-Pot Stew



Serves: 4

Prep: 10 mins

Cook: 30 mins

**279g of
CO2 per
portion!**

**11g of
protein per
portion!**

**£ 70p per
portion!**

Ingredients:

- | | |
|-------------------|---------------------|
| 1 onion | 250ml of veg stock |
| 2 carrots | 2 garlic cloves |
| 2 celery stalks | herbs & spices |
| 1 can of beans | salt & pepper |
| 1 can of tomatoes | 1 tbsp of olive oil |

Low cost top tips

- Use up leftover or frozen veg.
- Freeze and save for later!

Method:

1. Chop the vegetables and mince the garlic.
2. Heat a large pan over a medium heat with the oil.
3. Once hot, add the onion, carrot and celery and cook gently for 3 to 4 minutes until tender.
4. Add the garlic and spices and stir well.
5. Add the chopped tomatoes, beans, vegetable broth, salt and pepper, and stir.
6. Bring to a boil, cover and reduce heat to a gentle simmer.
7. Cook for 25 minutes or until vegetables are fully tender.

Simple Veg Pasta

320g of
CO2 per
portion!

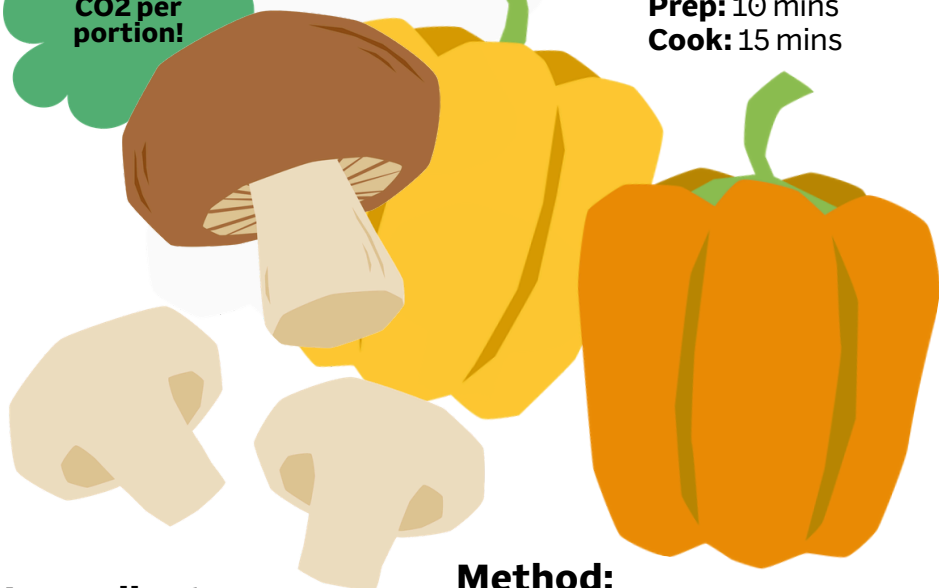
£ 60p per
portion!



Serves: 4

Prep: 10 mins

Cook: 15 mins



Ingredients:

250ml of veg stock	2 garlic cloves
300g of pasta	1 onion
leftover veg	olive oil
herbs & spices	

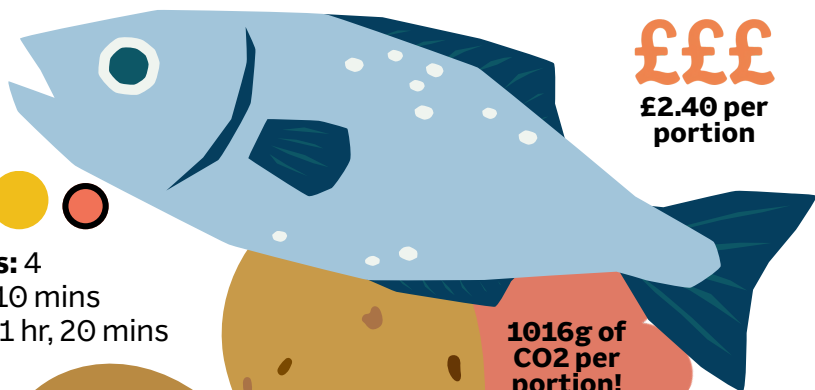
Method:

1. Chop everything into small chunks.
2. Cook the onion and garlic in oil in a deep saucepan.
3. Add vegetables, herbs & spices and cook until soft.
4. Pour in the stock and pasta and bring to the boil.
5. Once at the boil, let the pasta cook with the lid on over a medium-low heat for 10 minutes or until tender.
6. Serve and enjoy!

Make it your own

- Bulk up with beans or lentils
- Freeze and save for later!

Local Fish & Potato Traybake



£££

£2.40 per portion



Serves: 4

Prep: 10 mins

Cook: 1 hr, 20 mins

1016g of
CO2 per
portion!

Ingredients:

500g local fish	herbs & spices
3 potatoes, sliced	2 tbsp olive oil
1 onion, sliced	salt & pepper
2 red peppers, sliced	2 garlic cloves

Make it your own

- Serve with homemade pesto
- Works great with frozen fish

Method:

1. Pre-heat your oven at 200°C. Slice potatoes, peppers and onion.
2. Mix potatoes, peppers, onion, herbs, spices, salt, pepper and oil in a large roasting tin.
3. Cover and bake for 1 hour.
4. Put your fish on top of the potatoes and vegetables.
5. Bake, uncovered, for 15 to 20 minutes or until the fish is cooked all the way through.

Seasonal Stir Fry

**371g of
CO2 per
portion!**



Serves: 4

Prep: 10 mins

Cook: 15 mins

**£ 80p per
portion!**



Ingredients:

mixed vegetables
noodles or rice
1tbsp soy sauce
2 garlic cloves
1 tbsp vegetable oil
black pepper

Method:

1. Chop your vegetables and garlic.
2. Cook your noodles or rice.
3. Fry garlic and vegetables over a medium heat in a large frying pan or wok.
4. Add soy sauce and cooked noodles or rice.
5. Add pepper to taste.
6. Stir and serve.

Low cost top tips

- Use up leftover veg
- Make more and save for lunch

Lentil & Carrot Cottage Pie



Serves: 6

Prep: 15 mins

Cook: 40 mins

£ **75p per portion!**

21g of protein per portion!

321g of CO2 per portion!

Ingredients:

1 onion	1kg potatoes
2 carrots	2 tbsp corn flour
200g lentils	2 garlic cloves
600ml veg stock	50ml red wine
2 tbsp water	herbs & spices
2 tbsp olive oil	salt & pepper

Method:

1. Chop the onion & carrots.
2. Heat the oil in a large pot over medium heat. Add the onion & cook for 7 to 8 mins until soft. Add the carrots & garlic. Cook for 2 to 3 mins.
3. Stir in herbs & spices and salt & pepper. Pour in the red wine & cook until reduced by half.
4. Add the veg stock & bring to the boil. Stir in the lentils, then reduce to a simmer. Cover & cook for 20 mins until tender.
5. Meanwhile, chop the potatoes & boil in salted water for 10 mins or until soft. Save the cooking water, then drain & mash the potatoes with oil, seasoning & a little cooking water until smooth.
6. Pre-heat the oven to 200°C. Mix cornflour with water, stir into the lentils & cook until thickened.
7. Spoon the lentils into a baking dish & spread the mashed potatoes evenly on top.
8. Bake for 10 mins or until bubbling at the edges.

Low-cost top tips

- Use up leftover veg
- Freeze and save for later

Easy Bean Tacos

158g of
CO2 per
portion!

£ 65p per
portion!



Serves: 4

Prep: 10 mins

Cook: 5 mins

11g of
protein
per taco!

Make it your own

- Replace beans with chickpeas
- Use up veg to create salsas and toppings

Ingredients:

tortillas or homemade flatbreads	2 tsp cumin
1 can of beans	2 tsp chilli powder
1 onion	1 tsp veg oil
	pinch of salt

Method:

1. Chop the onions & fry over a medium heat in a large frying pan until soft. Add the cumin, chilli powder & salt.
2. Add beans to the pan, reduce heat to low & cook until warmed through.
3. Meanwhile, warm up the tortillas & prep any toppings.
4. Add the beans to the tortillas & finish with toppings of choice.

Baked Stuffed Peppers



Serves: 4

Prep: 15 mins

Cook: 30 mins

**503g of
CO2 per
portion!**

££ **£1.30 per
portion!**

Ingredients:

2 peppers	1/2 pack of feta cheese
leftover rice or couscous	1/2 jar black olives
2 tomatoes	herbs (fresh or dried)

Make it your own

- Use up leftover grains
- Use up leftover vegetables

Method:

1. Pre-heat your oven at 200°C. Halve and de-seed the peppers. Pop the peppers on a plate and microwave on medium for 5 mins or until soft. Place on a baking tray, cut-side up.
2. Prepare your rice or couscous. Cut up your tomatoes, feta cheese and olives into small chunks. Mix in the olives, feta cheese, tomatoes and herbs with the couscous or rice.
3. Pile the stuffing into the pepper halves and bake for 10 mins.

Potato & Leek Soup

470g of
CO2 per
portion!

£ 85p per
portion!

Low cost top tips

- Serve with leftover bread
- Freeze portions for extra meals



Serves: 6

Prep: 10 mins

Cook: 25 mins

Ingredients:

1 onion

4 large leeks

2 garlic cloves

6 potatoes

960ml veg stock

1 can coconut cream

herbs & spices

salt & pepper

Method:

1. Add chopped onion and leeks to a pot with crushed garlic cloves and olive oil & fry until soft. Add in herbs & spices and stir.
2. Add chopped potatoes & veg stock and bring to the boil. Reduce the heat, cover the pot and simmer until potatoes are soft and cooked.
3. Remove from the heat and add coconut cream.
4. Blend the soup using an immersion blender, or transfer in stages to a blender jug and blend until smooth.
5. Add salt and pepper to taste.

Climate Champion Kitchen Challenge

Can you find all the good food habits in the kitchen scene below?



Reusable shopping bag
Microwave
Food waste caddy
Homemade bread
Reusable napkins

Reusable water bottle
Kitchen herb garden
Dated food storage
Meal plan
Leftovers in freezer

Reusable coffee cup
Shopping list
Lid on saucepan
Local veg box
Packed lunch

A large, stylized pink pear with a small stem and two leaves is positioned behind the title text.

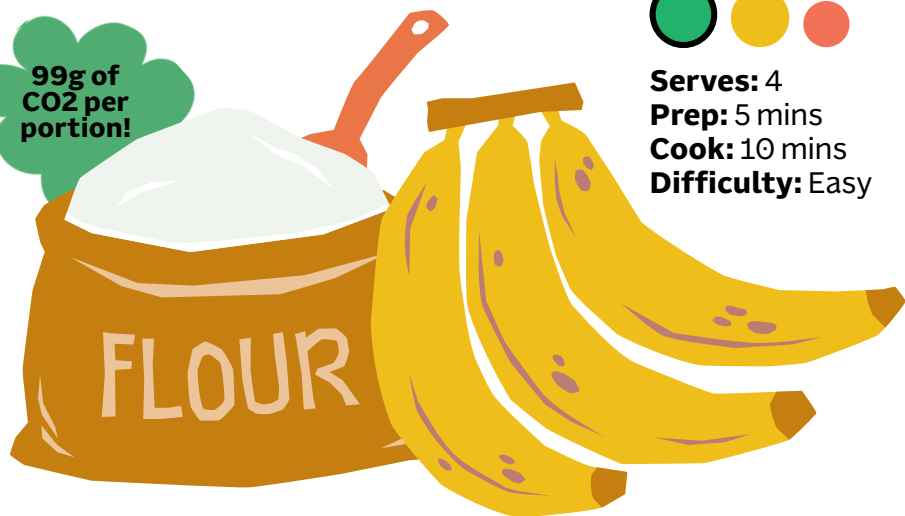
Desserts

Banana Pancakes

99g of
CO₂ per
portion!



Serves: 4
Prep: 5 mins
Cook: 10 mins
Difficulty: Easy



Ingredients:

85g of oats
235ml soya or oat milk
1 banana ($\frac{3}{4}$ mashed,
 $\frac{1}{4}$ sliced)

40g of wholemeal flour
1 tbsp of coconut oil
1 tsp of cinnamon
maple syrup to taste

£ 35p per
portion!

Method:

1. Add the mashed banana in a bowl and mix the oats, milk and wholemeal flour.
2. Heat coconut oil in a frying pan.
3. Once it melts, pour the batter in small circles.
4. Cook for 3 minutes on each side or until golden brown.
5. Sprinkle cinnamon powder on top and serve with sliced bananas and maple syrup.

Make it your own

- Use up leftover fruit such as berries and apples

Stewed Seasonal Fruit



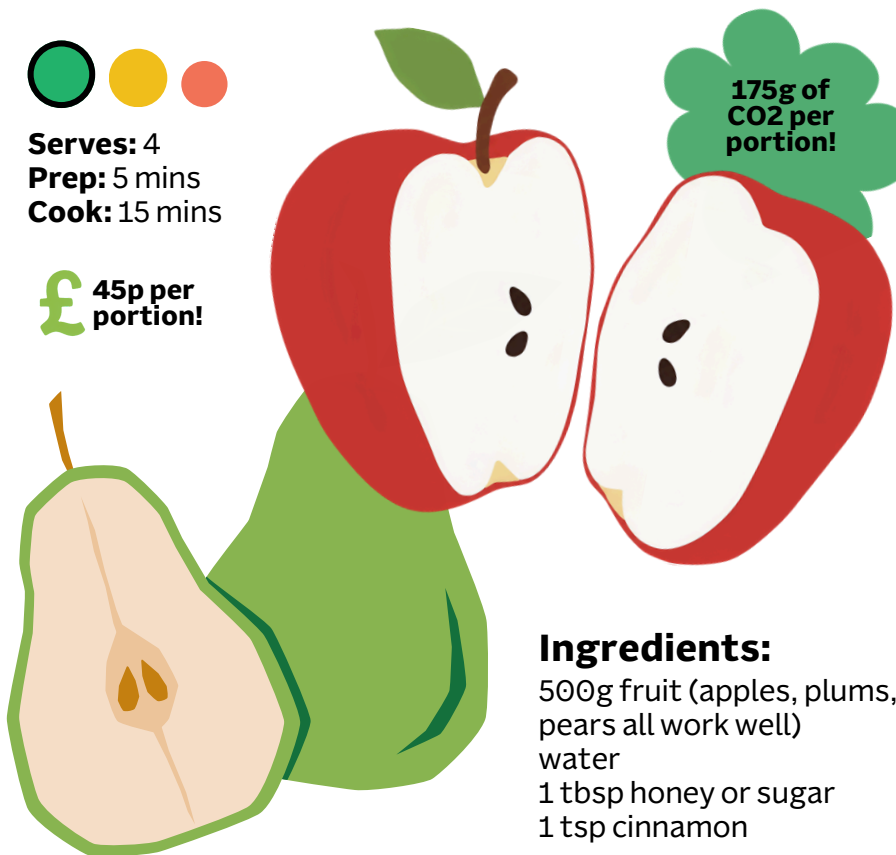
Serves: 4

Prep: 5 mins

Cook: 15 mins

£ 45p per portion!

175g of CO2 per portion!



Ingredients:

500g fruit (apples, plums, pears all work well)
water
1 tbsp honey or sugar
1 tsp cinnamon

Method:

1. Wash, peel and core fruit.
2. Put fruit in a saucepan and half cover with water.
3. Bring to the boil and add the honey or sugar.
4. Reduce and simmer for 10 mins or until soft.
5. Sprinkle cinnamon and serve.

Make it your own

- Mix your fruits for fun flavours
- Add a spoonful to your porridge or cereal

Oaty Apple Crumble



Serves: 6

Prep: 20 mins

Cook: 40 mins

**399g of
CO2 per
portion!**

**£ 55p per
portion!**



Ingredients:

100g of oats
100g plain flour
50g light brown
sugar
pinch of salt

130g of cold
butter or plant-
based spread
1kg of apples
2tbsp white sugar

Make it your own

- Freeze the oat crumble mix for topping on your porridge

Method:

1. Pre-heat your oven at 200°C. Combine the oats, plain flour, brown sugar & pinch of salt into a large bowl. Lightly rub 100g of butter or plant-based spread through your fingertips until the mixture resembles breadcrumbs.
2. Peel, core and chop up the apples into chunks. Melt the remaining butter in a large frying pan over medium heat. Sprinkle the white sugar over the apples.
3. Fry and turn the apples for 5 mins or until caramelised.
4. Transfer to a baking dish and sprinkle the crumble mix in an even layer over the apple filling until covered.
5. Bake for 35 mins or until the top is toasted and lightly browned.

Use-it-up Bread Pudding

518g of
CO₂ per
portion!

£ 70p per
portion!



18g of
protein per
portion!



Serves: 6 **Prep:** 20 mins

Cook: 1hr 30 mins

Ingredients:

500g stale bread
250g dried fruit
100g butter or plant-based spread
600ml oat milk

140g brown sugar
150g plant-based yoghurt
zest of a lemon
1 tsp cinnamon
1 tbsp brown sugar

Method:

1. Pre-heat your oven at 180°C.
2. Tear the bread into smallish pieces into a baking dish.
3. Stir in the dried fruit & cinnamon.
4. Pour over the milk & mix well.
5. Whisk together the lemon zest, brown sugar and yoghurt into a jug & pour over the bread mixture.
6. Mix again & leave to stand for 15 mins.
7. Melt the butter & pour over the bread mixture, gently folding it in. Sprinkle with the brown sugar.
8. Pop in the oven and bake for an hour and 30 mins.

Make it your own

- Swap out dried fruit with frozen, canned or forgotten fruit

Seasonal Fruit & Yoghurt Pots

260g
of CO₂
per pot!

£ 85p per
portion!

21g of
protein
per pot!



Makes: 6 pots

Prep: 20 mins

Cook: 25 mins

Ingredients:

255g oats
600g plant-based
yoghurt
75g sunflower seeds
300g fresh or frozen
berries

75g shredded
coconut
1 tsp cinnamon
4 tbsp maple
syrup
2 tbsp honey

Make it your own

- Swap out muesli ingredients for what's already in your cupboards!

Method:

1. Pre-heat your oven at 160°C.
2. Add the oats, seeds, coconut & cinnamon to a large bowl. Mix to combine.
3. Pour the maple syrup into the dry ingredients & mix using a spatula. Pour into a baking dish.
4. Bake for 15 mins then stir. Bake for another 10 mins & stir again. Remove from the oven & set aside to cool.
5. Add the berries & honey to a saucepan. Simmer over a gentle heat until berries have broken down. Mash any large berries & set aside to cool.
6. Add a thick layer of yoghurt to six pots, add a layer of berry coulis & a layer of toasted muesli. Repeat the layers until you fill the pot. Place in the fridge to set before serving.

Frozen Fruit Smoothie Bowl



Serves: 2

Prep: 5 mins

£ 90p per portion!

Ingredients:

2 frozen bananas
225ml oat milk
200g frozen berries
2 tbsps peanut butter

Make it your own

- Add toppings from your cupboard like nuts, seeds, honey or maple syrup.

6g of protein per bowl!

232g of CO2 per bowl!

Method:

1. Add your ingredients to a blender & blend until smooth.
2. Add more milk if you'd prefer a runnier smoothie.
3. Scoop out your smoothie mix & top with more frozen berries & toppings of your choice!

Banana 'Nice' Cream

Perfect for
bananas
that are too
ripe for the
fruit bowl!

£ 35p per
portion!

317g of
CO2 per
portion!



Serves: 2

Prep: 5 mins

Make it your own

- Customise your nice cream with peanut butter, fruit or nuts.

Ingredients:

4 frozen ripe bananas
1 tbsp oat milk
pinch of salt

Method:

1. Tear frozen ripe bananas into chunks & place into a food processor.
2. Add oat milk & pinch of salt.
3. It will be loud! Puree the bananas until whipped & creamy, frequently stopping the processor to scrape down the sides.
4. Serve immediately with toppings of your choice.



Seasonal Berry Oat Bake

219g of
CO₂ per
portion!

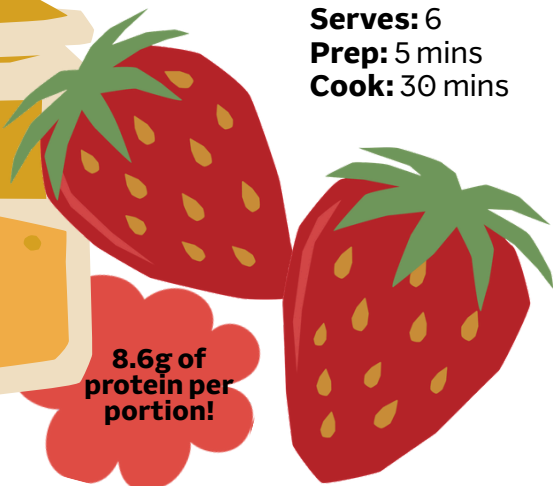
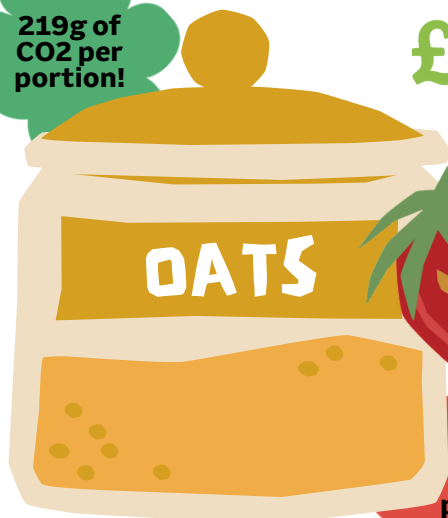
£ 60p per
portion!



Serves: 6

Prep: 5 mins

Cook: 30 mins



8.6g of
protein per
portion!

Ingredients:

2 ripe bananas	2 tsp baking powder
270g oats	3 tbsp maple syrup
200g berries	1 tsp cinnamon
475ml oat milk	

Make it your own

- Switch out berries for nuts or leftover fruit
- Experiment by adding peanut butter

Method:

1. Pre-heat your oven at 175°C.
2. In a large bowl, mash bananas with a fork.
3. Add in all other ingredients & mix well to combine.
4. Pour into a large ovenproof dish & press extra berries into the top to decorate.
5. Bake in the oven for 30 mins or until golden brown & milk has evaporated.
6. Serve with your favourite toppings!

Grilled Fruit Skewers

105g of
CO₂ per
portion!

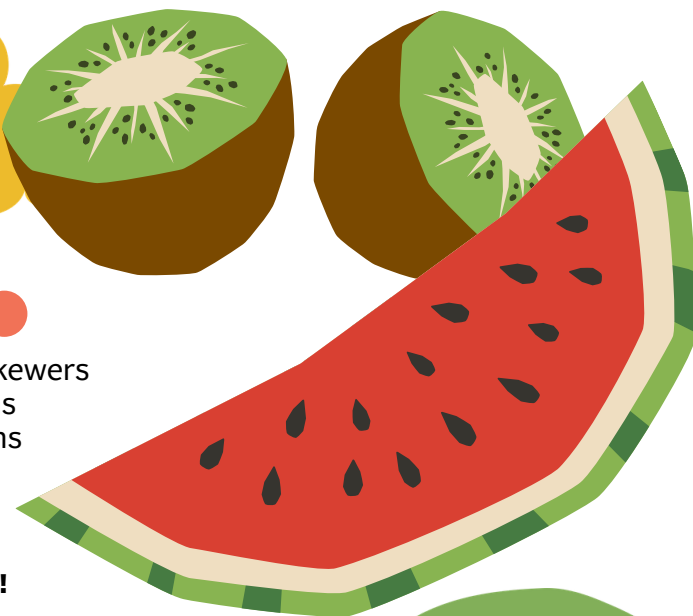


Makes: 10 skewers

Prep: 15 mins

Cook: 15 mins

£ 70p per
portion!



Ingredients:

2 apples	½ pineapple
½ melon	1 tsp cinnamon
150g strawberries	1 tbsp honey
2 kiwis	2 limes, juiced

Low cost top tip

Use leftover fruit
in other recipes
from this book!

Method:

1. Skewer fruit on pre-soaked wooden or metal skewers & sprinkle with cinnamon.
2. Heat grill over medium-high heat.
3. Place fruit skewers on grill. Rotate every 5 mins to ensure even grilling.
4. Grill for 10 mins.
5. Meanwhile, in a small bowl, whisk together honey and lime.
6. With 5 minutes remaining, brush with honey lime mixture.

True or False?

How much do you know about saving money, reducing waste and making food go further? Read each statement and mark on the line whether it's true or false. Check your answers at the bottom of the page and see how many you got right.

ONE

Freezing food can help it last longer & reduce food waste.

.....

TWO

Seasonal fruit & vegetables are often fresher & can cost less.

.....

THREE

Food should always be thrown away as soon as it reaches its 'best before' date.

.....

FOUR

Planning meals before shopping can help reduce wasted food & save money.

.....

FIVE

Leftover fruit & vegetables can only be used once before they need to be thrown away.

.....

SIX

A plant-based diet can help lower your carbon footprint.

.....

How did you do?



6 correct
**Climate Kitchen
Champion**

Amazing! You're already making smart choices.



4 to 5 correct
**Climate Kitchen
Supporter**

Great work! Keep building on those positive habits.



2 to 3 correct
**Climate Kitchen
Explorer**

You're on your way. Every habit is a step in the right direction.



0 to 1 correct
**Climate Kitchen
Starter**

Everyone starts somewhere! Why not try a low-waste habit?

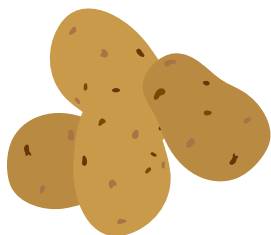
Answers: 1. True • 2. True • 3. False ("best before" is about quality, not safety) • 4. True
5. False (leftover vegetables can be used in soups, stews, pasta dishes and more) • 6. True

Match the Seasons

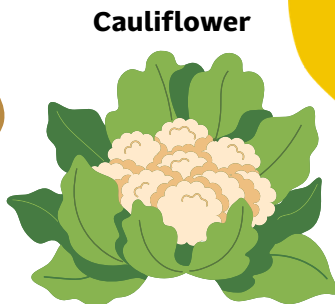
The market is full of fresh produce.
Can you match each food with the
correct seasonal shopping basket?

Low cost top tip

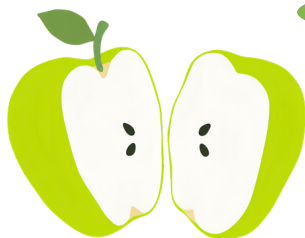
Seasonal produce is
often fresher, more
affordable & can
travel fewer miles.



New potatoes



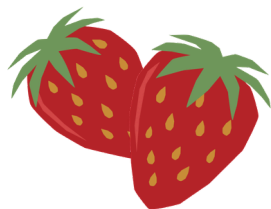
Cauliflower



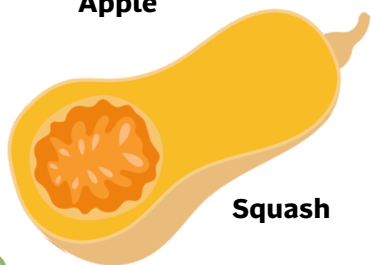
Apple



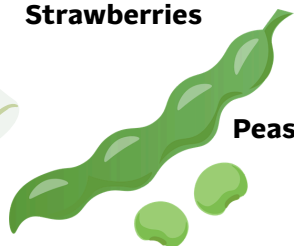
Leeks



Strawberries



Squash



Peas

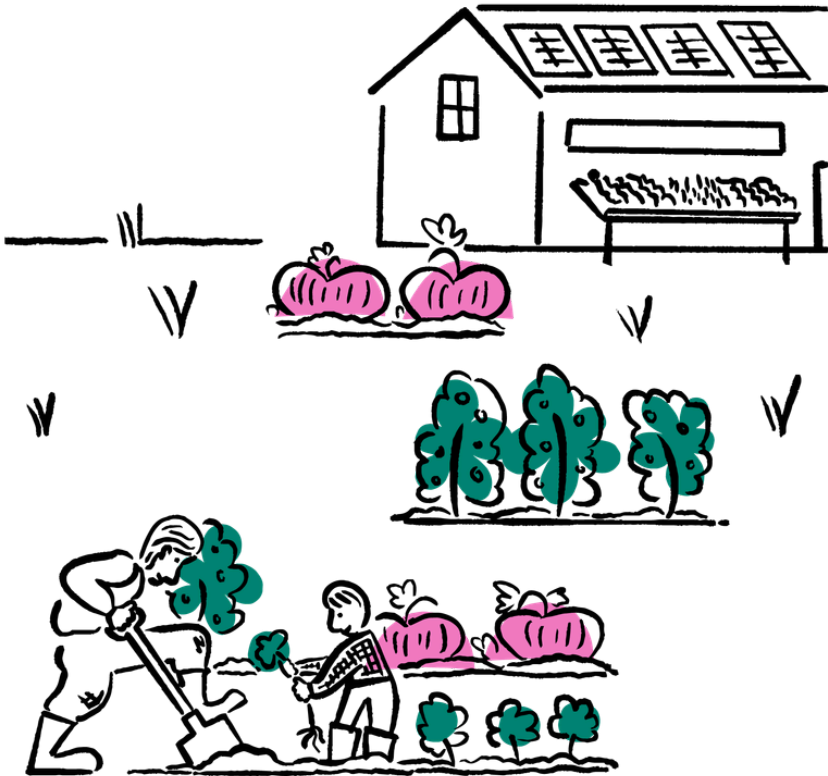


Answers: New potatoes = Spring
Peas = Spring | Strawberries = Summer
Apples = Autumn | Squash = Autumn
Cauliflower = Winter | Leeks = Winter

Further information & sources:

Food carbon footprint chart: www.bbc.co.uk/food/articles/carbon

Free food carbon footprint calculator: myemissions.co/resources/food-carbon-footprint-calculator/



All information correct at time of publishing July 2026.

Climate Connections do not guarantee the accuracy of this information and Climate Connections are not responsible for any content within any linked sites or external resources. Climate ratings and recipe costs are provided as a simple guide to help compare recipes. Costs are estimated using typical Aldi UK own-brand ingredient prices and may vary depending on season, promotions and ingredient choices.

**CLIMATE
CONNECTIONS
RECIPE BOOK**



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