

Don't Toss It Out!

No one likes throwing food away. Here are some ideas for what you can do with some of those items in your refrigerator that are "past it."



- *Sour milk – can be used in biscuits, corn bread or pancakes, or in home made soups such as potato soup or chowders. Can be stored in the freezer until needed.*

- *Stale bread – once very dry, grind up for bread crumbs, or use for stuffing or bread pudding, or for croutons.*

- *Stale tortilla chips – can be revived by warming in the oven.*

- *Stale unsweetened cereal – use for breading meat or fish.*

- *Stale cake or cookies – make great toppings for ice cream.*

- *Overripe bananas – freeze whole and eat frozen – tastes like banana ice cream. Mash and use in banana bread or for banana pancakes. Also great in smoothies.*



- *Dried out grapes – good in muffins.*

- *Hardened brown sugar – put in an air-tight container with a crust of bread to soften for use.*



- *Wilted vegetables – great cut up or pureed in soup, curries or stews. May not be as nutritious as when fresh but still contain some nutrients and fiber. Be sure to remove any mold.*



- *Fermented cider – can be used for homemade bread or as part of the liquid when cooking rice or other grains.*

