

A ZERO WASTE SNACK

RECIPE !

PATRICK'S RECIPE : APPLE CAKE (10 pieces)

List of ingredients

- 4 eggs
- 150 g sugar
- 100 ml cream 25%
- 100 ml milk
- 250 g flour
- 5 g baking powder
- 50 g melted butter
- 50 ml oil
- 200 g grated apple

Recipe steps

1. Preheat the oven to 180°C (gas mark 6).
2. In a bowl, beat the eggs with the sugar.
3. Add the cream, milk, melted butter and oil and mix.
4. Add the flour, baking powder and grated apples and mix.
5. Pour the mixture into a buttered cake tin up to 3/4 of the way up.
6. Bake in the preheated oven for 35 minutes. Then at 165 °C for 25 minutes

GLUTEN-FREE AND LACTOSE-FREE SUGGESTION :

- Replace the wheat flour with 170 g rice flour and 85 g cornflour
- Replace the milk and cream with 200 ml lactose-free milk and coconut cream
- Replace the butter with oil



DID YOU KNOW ?

The snacks we buy in the supermarket are packaged, often individually. This packaging is not recyclable and therefore produces a lot of waste. To reduce this waste, you can choose to make your own snacks, which can be packed in a reusable box to take to school.

Result: A zero waste snack! !

FIGHT AGAINST

FOOD WASTE

What is food waste?

This is all food waste (the leftovers on your plate, food that has gone out of date...) that is thrown away without having been eaten.



These foods required energy and hard work to produce:

- growing them in a field,
- watering them,
- harvesting them,
- transporting them until they arrive on your plate.

And when this food ends up in the **dustbin** without having been eaten, **it was all for nothing!**

TO PROTECT THE PLANET:
CHOOSE THE RIGHT AMOUNT
FOR YOUR PLATE

DID YOU KNOW ?

2,8 million tonnes of food are wasted every year in Switzerland

If you put all the inhabitants of Switzerland on a large set of scales, the weight of wasted food would be four and a half times as much as the weight of all those people!

