








USE YOUR LOAF

20 million loaves of bread are thrown away in New Zealand every year!

That's more than enough bread to make sandwiches for every school student in New Zealand for over a year.

WE WASTE BREAD BECAUSE IT GOES STALE OR MOULDY, OR BECAUSE WE (OR OUR KIDS) DON'T EAT THE BREAD ENDS AND CRUSTS. FOR MANY FAMILIES, THEY CAN BE WASTING A LOAF OF BREAD A MONTH.

HERE'S HOW YOU CAN USE YOUR LOAF:

-  Store bread in your freezer to keep it fresh and stop it growing mould. Bang the loaf gently on the bench before you pop it in the freezer – this will make it easier to separate the slices once it is frozen.
-  Make sandwiches using frozen bread – it will be thawed by lunch time.
-  Encourage your kids to eat their crusts.
-  Don't throw away your crusts and bread ends. Turn them into breadcrumbs. Keep them in the freezer until needed.
-  Use bread to make a meal – use it to make a pie, French toast, cheese rolls, mini quiches. Turn over to see our meal in a mug recipes.

For more bread recipes visit lovefoodhatewaste.co.nz








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If you've got hungry mouths to feed, this recipe is for you. Make a meal in a mug in only a few minutes using bread and a few pantry staples. These can be sweet or savoury, and can be eaten for breakfast, lunch, dinner or a snack – whatever you need! It's **quick** and **easy** to make, and you can easily adjust the flavourings to use up what you have.



HOW TO MAKE A MEAL IN A MUG



CHEESY AS

- 1 egg
- ¼ cup milk
- Pinch of salt and pepper
- 2 slices bread
- 2 tablespoons tomato sauce (or relish, chutney, mustard or sweet chilli sauce)
- 2 slices of ham, roughly chopped
- 2 tablespoons grated cheese
- Optional toppings: sour cream, pesto, nuts, herbs

1. Spread the tomato sauce on both slices of bread, then cut each slice into nine squares.
2. Break the egg into a mug, then add milk, salt and pepper and beat well with a fork.
3. Add the remaining ingredients in alternating stages to the mug, starting with the cheese, then ham and a few squares of bread creating layers; set aside some cheese to go on the top.
4. Press the bread pieces in the mug until it is covered with the egg and milk mixture.
5. Microwave for one and a half minutes. If it looks too soft or is too runny at the bottom, microwave for another 30 seconds.
6. Eat as it is, or top with your choice of topping.

TIPS

- Any deli meat can be used for this recipe or leftover roast chicken.
- For a vegetarian version, try adding sweetcorn or other finely chopped vegetables.

SWEET AS

- 1 egg
- ¼ cup milk
- ½ teaspoon sugar (or honey, maple syrup or golden syrup)
- ½ teaspoon vanilla essence (optional)
- 2 slices bread
- 2 tablespoons spread of your choice (jam, peanut butter, Nutella, honey etc)
- 1 tablespoon optional add ins: chocolate chips, sliced banana, berries etc

1. Spread the jam (or other spread) on both slices of bread, then cut each slice into nine squares.
2. Break the egg into a mug, then add the milk, sugar and vanilla. Beat well with a fork.
3. Place the bread pieces in the mug and push it down until it is covered with the sweet egg and milk mixture. If using optional extras, sprinkle them in between the layers of bread.
4. Microwave for one and a half minutes. If it looks too soft or is too runny at the bottom, microwave for another 30 seconds.
5. Eat as is, or top with ice cream, yoghurt, or your favourite sweet sauce.

TIPS

- Spices, such as cinnamon or nutmeg, can be added instead of the vanilla.
- For a different version, spread butter on the bread and then sprinkle with sugar and cinnamon.

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