

# BANANA PEEL BISCUITS



*This recipe from Portugal makes excellent use of banana peel, something that we all throw away without ever thinking we might be able to turn them into something delicious. Banana skins are full of nutrients, including the important vitamins B6 and B12.*

*Developed by Compass chefs in Eurest Portugal units, these biscuits are an ingenious way of ensuring use of the full fruit.*



SERVES: 12



## INGREDIENTS

400g banana peel (approx. 5-6 banana peels)

2 eggs

150g sugar

150g margarine or butter

400g flour

## DIRECTIONS

Preheat the oven to 150°C.

Place water in a saucepan, add banana peels, bring to a steady simmer and cook for 15 minutes.

When the peel is cooked, drain the water and blend the peel in a food processor.

Add flour, sugar, eggs and margarine. Mix until a homogeneous dough is obtained.

Shape the biscuits and place a banana wheel on top.

Brush with egg yolk.

On a tray lined with baking paper, bake the biscuits for 15 minutes until golden brown.