



# THE FOOD GUARDS!

A simple guide with **50 magical recipes** so we don't throw anything away!

(for **Cereals**, **Pasta**, **Legumes**,  
**Cookies**, and **Nuts**)

# HELLO CHEF!



**Is your food about to expire?**

**Do you have too much and don't know what to do  
with it? Don't want to throw food away?**

**Are you thinking about how you can use it?**

Did you know that the food in our cupboards has superpowers? Even if the expiration date is approaching, we can turn it into something fantastic!

**THE 3 GOLD RULES:**

**We don't throw food away!**

**We use our imagination!**

**We make delicacies!**

**Are you ready to stop throwing food away by cooking?**

**Time2Fresh...suggests:**





## 1. Crunchy cereal treasures





## Do you have some leftover cereal?

*Have they gone soft? Put them in the oven for a bit to make them crispy again! Or do the following:*

1. **Energy Bars:** Mix the cereal with honey, peanut butter, and a little melted butter. Press into a baking pan, refrigerate, and then cut into bars. No baking required.
2. **Chocolate Pebbles:** Melt couverture (white, milk, or dark) and add the cereal. Mix well, spoon into small molds, and leave to cool on parchment paper.
3. **Chicken Breeding (Schnitzel):** Crush the cereal (especially if it is unsweetened cornflakes) in a blender. Use it instead of breadcrumbs to bread chicken fillets. It becomes very crispy.
4. **Fruit Crumble:** Cut apples or pears into cubes and sprinkle with cinnamon. Top with a mixture of crushed cereal, a little flour, and cold butter. Bake until golden brown.
5. **Breakfast Muffins:** Add a cup of cereal to your classic cake or muffin mix. It will give them a nice texture and volume.
6. **Savory "Croutons" for Salads:** Instead of croutons, mix the cereal (if it doesn't have sugar) with olive oil, garlic powder, oregano, and a little grated cheese. Bake them for 5-10 minutes in the oven and sprinkle them on Caesar salad or vegetable soups.



7. **Tart base (instead of pastry):** Instead of making tart pastry, crush the cereal, mix it with melted butter and a little honey. Spread the mixture in a tart pan, bake for 10 minutes, and fill with lemon cream or chocolate.
8. **Cereal Cookies:** Make classic butter cookie dough and add whole grains (cornflakes or chocolate chips) and chocolate chips. The result is a cookie with an incredibly crunchy texture.
9. **Cereal Milk:** Soak the cereal in cold milk for 30 minutes. Strain it, pressing it well. The remaining milk has a cereal flavor and is perfect for making ice cream, creams, or adding to your coffee or hot chocolate.
10. **Pancakes with "crunch":** Add a handful of crushed cereal to the pancake batter just before frying. It gives them a nice texture and flavor.





## 2. The Pasta Party





## PASTA FOR ALL SEASONS

*Do you have leftover boiled pasta or is the package about to expire? See what to do below:*

1. **Soufflé/Gratin:** Boil the pasta al dente, mix it with cream (or béchamel sauce), ham, bacon, and various melting cheeses. Bake in the oven until a crust forms.
2. **Oven Omelette:** If you have leftover boiled pasta, beat some eggs with a little milk, add the pasta and vegetables and bake the mixture in a pan or oven like a pie.
3. **Pasta Chips:** Boil penne or fusilli pasta. Drain well. Mix with oil, paprika, oregano, and powdered cheese. Bake in an air fryer or oven until crispy and crunchy like chips.
4. **Pasta Salad:** Ideal for short pasta or fusilli. Boil them, cool them, and mix with tuna, corn, mayonnaise, and finely chopped peppers.
5. **Minestrone Soup:** If you have spaghetti that breaks easily, break it into small pieces and add it to a rich vegetable soup during the last 10 minutes of cooking.



6. **Sweet Milk Pie with Pasta:** Traditional recipe. Use boiled pasta (usually spaghetti or penne), mix it with milk, sugar, eggs, cinnamon, and butter, and bake it in the oven until the cream thickens.
7. **Pasta Pizza:** Mix boiled pasta with egg and cheese. Spread it out on a round baking tray, pressing it down to form a base. Bake briefly to firm up, top with tomato sauce, cold cuts, and mozzarella, and bake again like a pizza.
8. **Pasta Croquettes (Mac & Cheese Balls):** If you have leftover pasta with cheese or cream, leave it in the refrigerator to firm up. Cut into pieces or shape into balls, dip in egg and breadcrumbs, and fry.
9. **Noodles Style (Stir-fry):** Even Italian spaghetti is perfect in a wok. Boil it, then fry it over high heat with sesame oil, soy sauce, cabbage, carrots, and onions.
10. **Barley (if it is pearl barley):** Do not boil and strain it. Sauté it raw in oil with onion and add broth slowly as you would with risotto. It becomes creamy and delicious.





### 3. Magic Beans





## LEGUMES - THE SUPERFOOD

*Note:* Older legumes require more soaking (with baking soda) and longer cooking times. If you have any leftovers, see below:

1. **Legume patties (Falafel style):** Soak chickpeas or beans (without boiling for falafel, with boiling for bean patties). Mash them with onion, garlic, parsley, cumin, and a little flour. Shape and fry or bake.
2. **Hummus or Bean Paste:** Boil the legumes thoroughly until soft. Blend them in a blender with tahini, lemon, garlic, and olive oil. Makes a perfect dip.
3. **Crunchy Chickpea Snack:** Boil the chickpeas and dry them thoroughly. Mix with oil, smoked paprika, and salt. Bake in the oven until crispy.
4. **Legume Salad:** Boil any leftover legumes you have (e.g., lentils and beans). Mix with finely chopped onion, tomato, cucumber, plenty of parsley, and vinaigrette.
5. **Sweet brownies (with beans):** It sounds strange, but black beans or lentils can be used as a base for healthy chocolate brownies (replacing the flour). You can't taste the legumes at all because of the cocoa!



6. **Lentil Bolognese (Vegan Bolognese):** Instead of ground beef, use cooked lentils. Sauté onion, carrot, celery, add the lentils and tomato sauce. Serve with pasta. It's an excellent sauce and very nutritious.
7. **Bean Purée (instead of potato):** White beans make a velvety purée. Boil them well, then blend them with olive oil, lemon, garlic, and fresh thyme or rosemary. It goes perfectly with grilled meat or fish.
8. **Chickpea or Bean Pie:** Make a filling as you would for a vegetable pie, but add mashed chickpeas or beans for body and protein, along with onions and herbs. Wrap in pastry and bake.
9. **Curry with Legumes:** Sauté onion, ginger, garlic, and curry powder. Add the legumes (chickpeas or beans) and a can of coconut milk. Simmer until the sauce thickens. Serve with rice.
10. **Stuffed Peppers/Tomatoes with Legumes:** Instead of plain rice in stuffed peppers/tomatoes, add lentils or black-eyed peas along with the rice and lots of herbs. They are much more filling.





## 4. Cookies love





## COOKIES FOREVER

Do you have cookies that are about to expire? Check out some ideas below:

1. **Mosaic (Trunk):** The classic recipe. Break up the cookies, mix with cocoa, sugar, butter, milk (and cognac if you like). Roll it out on parchment paper and freeze.
2. **Cheesecake base:** Crush the cookies completely (until they become powder), mix with melted butter, and spread in a baking pan. Top with cream cheese or simply yogurt with honey.
3. **Truffles:** Crush the cookies and mix them with merenda or cream cheese. Shape into balls and roll them in truffle or cocoa powder.
4. **Icebox Cake:** Place a layer of cookies in a baking dish, top with pastry cream (or whipped cream), then another layer of cookies, then another layer of cream. In the refrigerator, the cookies will absorb the moisture and become like sponge cake.
5. **White Trunk (with yogurt):** Break up the cookies, mix with strained yogurt and powdered jelly (dissolved in a little water) or fruit compote. Freeze and it becomes a light dessert.
6. **Homemade Cookie Butter:** Put the cookies in a food processor and grind them into powder. Add a little vegetable oil, a little evaporated milk, and cinnamon, and blend until it becomes a spreadable paste (like praline but with a cookie flavor).
7. **Chocolate Bites:** The ultimate recipe for using up leftovers. Crumble the cookies (not into powder, they should be in pieces), add walnuts, syrup, cocoa, and melted butter. Roll into a log, freeze, cut into slices, and dip in chocolate.



8. **Fake Tiramisu:** Instead of ladyfingers, use the cookies you have. Quickly dip them in coffee, layer them in a glass, add cream (mascarpone or cream cheese with sugar) and repeat.
  
9. **Cookie Milkshake:** Put vanilla ice cream, a little milk, and 4-5 cookies in a blender. Blend well. It makes a perfect cookies & cream drink.
  
10. **Easy Profiterole:** Place crushed cookies in the bottom of a small bowl. Top with a scoop of ice cream or pastry cream and pour warm chocolate sauce (ganache) over it. The cookies will soften from the warm chocolate and resemble your dough.





## 5. Nuts full of energy





## Nuts that come back to life

- 1. Re-bake for a crunchy texture:** If they have softened, spread them on a baking sheet and bake them for 5-10 minutes at 150°C. They will become crunchy again and release their aroma.
- 2. Homemade peanut butter or almond butter:** Put the peanuts or almonds in a blender and blend until creamy. It's much healthier than the store-bought kind.
- 3. Add to salads:** Break the almonds or peanuts into small pieces and sprinkle them over your green salad to add a crunchy texture.
- 4. Croutons:** Croutons are excellent in soups (e.g., velouté or lentil) instead of bread. They provide protein and a nice flavor.
- 5. Breading for chicken:** Grind almonds or peanuts in a blender (until they resemble coarse sand) and use them instead of breadcrumbs to coat chicken or fish fillets.
- 6. Honey with nuts:** Put the nuts in a jar and fill it with honey. It's the perfect energizing breakfast topping for your yogurt.
- 7. Homemade chocolates:** Melt some couverture chocolate in a double boiler, add whole almonds or pistachios, roll into small balls, and let them cool in the refrigerator.



8. **Almond pesto:** Instead of pine nuts, use almonds to make pesto sauce for your pasta (blend them with basil, oil, garlic, and cheese).
  
9. **Add to cake:** Finely chop the nuts and add them to the mixture for your next cake or cookies.
  
10. **Freezing:** If you see that you won't be able to eat them in time, put them in an airtight bag and place them in the freezer. They will keep there for many more months.





## **THE GUARDIANS OF FOOD**