

#SAVE THE PEELS



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Join the Sustainapeelity
Movement



Congratulations! You've made a decision to share in improving your health and the environment, while boosting your culinary chops. We call it Sustainapeelity and it takes a village to make shift happen, starting with you. Our goal is to keep 20 million lbs of organic waste out of landfills by recruiting 1 million people to take the pledge and act. We can do this!

It starts with small habit shifts that can make a huge impact. You might be surprised by all of the ways you can use banana peels in particular, which make the largest percentage of peels in the trash.

There are 5 BIG ways you can make a difference - so this is our appeal to you :-)



SHARING IS CARING.

You can also help us reach our goals by sharing this post on your social media pages.



SHOW AND TELL.

Whenever you save a peel, post your pics and TAG #savethepeels



ENCOURAGE SCHOOLS TO JUMP ON BOARD.

Empowering our kids to get on board can help make "Sustainapeelity" as part of their regular habits. If you have school aged children, or friends/family with kids in school, will you pass the 'Sustainapeelity Menu' on to them?





TAKE THE PLEDGE. Our goal is to have 1 million people sign our #SaveThePeels Pledge to use and repurpose their peels for better health. Will you share and pay it forward? Link to our page at facebook.com/eatcleaner to sign the pledge



FOLLOW THE GUIDE. We've included a menu of ideas to get you started on the road to sustainability. If you start to adopt just one or two at a time, they'll start to become a habit. And make sure to try out our fit and clean recipes that'll make using peels second nature.

+ PRO TIP: When you bring your produce home, soak it in our eatCleaner wash powder, spray with our eatCleaner fruit + veggie wash or wipe with our eatCleaner fruit + veggie wipes so they're clean and ready to use! eatCleaner will not only make your produce (last) up to 99.9% safer than water alone, it will help preserve color and shelf life so your fruit goes the distance.



APPEELING IDEAS



ZEST from lemons, limes, grapefruit, oranges, tangerines, pomelos

- Add ½ teaspoon to every 8 oz flat or sparkling water, iced tea or fresh juice
- Add ½ teaspoon grated zest to every ½ cup of your favorite vinaigrette
- Add to flavor your clean baked goods
- Add to sauces
- Add to flavor ice cubes
- Add to frostings and icings

PEELS from lemons, limes, grapefruit, oranges, tangerines, pomelos

- Add a few peel shavings to flavor olive oil with herbs and peppercorns
- Place peels in the garbage disposal to naturally diffuse bad odor
- Process peels into your fresh juice extractor
- Preserve lemons for chutney and jams
- Dry peels by dehydrating or let air dry and add into natural sea salt for a scented soak



- Simmer peels with a cinnamon stick and some star anise for a natural room scent
- When roasting meats, add shaved peels to roasting pan to create an infused gravy

PEELS from whole bananas (when using in other preparations)

- Cut the tips and stems off and cut bananas in half with the peels left on. The riper the better! Place in a sealed container and freeze.
- Blend well into smoothies
- Blend well into nice cream
- Add into baked goods, like banana bread, banana muffins or banana custard.

PEELS from bananas (where you eat them fresh)

- Use to polish silver
- Rub onto a rash or irritated, discolored skin
- Add one peel per 24 oz. of organic vinegar to create a fruit flavored vinegar for fruit salads

COMPOST EVERYTHING

- If you're not using the peels for anything, compost them for your windowbox herbs or garden - or someone else's garden.



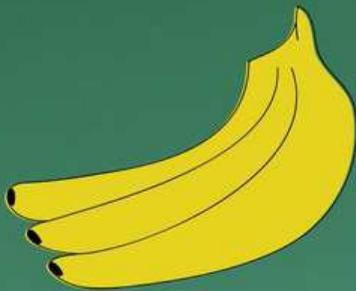
SAVE THE PEELS

6 WAYS TO BENEFIT YOUR HEALTH,
YOUR PALATE & THE PLANET



TEXT SAVETHEPEELS TO 22828
AND JOIN THE 7 DAY CHALLENGE

Wash your peels with eatCleaner® first
to remove wax, pesticides and the nasties.



NANA-NOMS

Blend whole, ripe bananas until smooth
and add to baked goods like banana
bread and muffins for added fiber,
vitamins and minerals and moisture.

MEAT APPEEL

Add orange and lemon peels to
chicken, pork and stewed meats to
infuse flavor and get proteins tender.
Place a banana peel on top of grilled
poultry to keep it from drying out.





SPARKLING CUBES

Add chopped lemon or lime peel and fresh mint or basil to sparkling water and pour into an ice cube tray for some fizzy flavor in your glass.



SMOOTHIE STARTERS

Blend a whole banana with a tablespoon of raw almonds and a cup of water. Pour into an ice cube tray and freeze. Pop a couple of cubes into your blender for a smoothie starter.

AROMATHERAPEEL

Dry citrus peels and add to boiling water. The scent will fill your kitchen and is an instant mood booster. Use the steeped water to make hot tea.



RECIPES

Mocha Banana Smoothie

Banana Almond Milkshake

'The Peel Deal' Banana Oat Chocolate Chip Power Bites

Protein Chocolate Chip Walnut Banana Bread

Macadamia Nut Banana Pancakes with Coconut Syrup

Paleo Banana Walnut Muffins

Cinnamon Swirl Banana Nice Cream

Banana Coconut Cream Pie Pudding



MOCHA COFFEE BANANA Smoothie

Vegan, Gluten Free

Getting a whole banana with the peel on is easiest in a smoothie, and the combination of cocoa powder and coffee makes this my supercharged morning elixir. Pro tip: Wash whole bananas with Eat Cleaner; trim ends and tops and cut bananas in half, then store in a reusable container or bag so you can easily drop half a banana into your recipes. BOOM!

Makes 2 servings

- 12 oz. unsweetened almond milk
- 4 oz. brewed coffee
- 1 frozen banana, peel left on
- 1 teaspoon ground cinnamon
- 2 teaspoons unsweetened cocoa powder
- 1 teaspoon stevia or monkfruit extract
- 3/4 cup ice: Optional



1. Add ingredients in order above. Blend until smooth and enjoy cold.



BANANA ALMOND MILK Shake

Vegan, Gluten Free

I'm a convert! When I started making my own almond milk, there was no turning back. There's no comparison to store-bought, and it's soooo easy peasy. Add some banana and real vanilla and well, you've got your own non-dairy queen.

Makes 2 servings

- 1 cup raw almonds
- 3 cups water
- 1 frozen banana, peel left on
- 1 teaspoon pure vanilla extract or scrape the inside of a vanilla pod (the real vanilla just takes this to a whole new level.
- 1 teaspoon granulated stevia or monkfruit extract (adjust if you like it a little sweeter)

1. In a pitcher or sealed container, soak 1 Cup almonds in 3 cups cold water at least 4 hours or overnight in a refrigerator.
2. Add almonds and water to a blender and pulse on high until smooth. Add banana, vanilla and sweetener. Pulse again until thick and smooth. Pour over ice for an extra cold and refreshing experience.



'THE PEEL DEAL' BANANA Oat Chocolate Chip Power Bites

Vegan, Gluten Free

You use the whole banana, including the peel for these. YAAAAS. The peel. Prevent waste from landing in the dumpster and benefit from double the nutrients, fiber and other minerals you don't even get from the fruit. Trust me, you won't taste it, and it will help keep these tasty bites nice and

Makes 12-14 bites

- 2 cups cooked steel cut oats (allow to air dry so all moisture is absorbed)
- 1 whole very ripe banana, puréed
- 2 tbsps melted raw extra Virgin coconut oil
- 1 tsp hemp hearts
- 1/2 cup vegan dark chocolate chips (I use enjoy life)
- 1/4 cup unsweetened shredded coconut
- 1 tsp cinnamon
- 1 tsp organic stevia or monk fruit extract
- Optional: sprinkle of pan toasted coconut on top

1. Preheat oven to 350 F
2. In a large bowl, combine oats, banana and coconut oil together. Mix in remaining ingredients until evenly combined.
3. Line a rimmed baking sheet with parchment paper or Silpat. Using a 1 oz scoop, scoop mixture into balls onto baking sheet leaving 2" in between.
4. Bake at 350 for about 25 minutes or until surface is browned and bite hold together. Remove from oven and top with optional toasted coconut. Allow to cool 10 minutes before inhaling!



PROTEIN CHOCOLATE CHIP WALNUT Banana Bread

Gluten Free

Peels make this banana bread extra moist and jam-packed with essential nutrients! Just wash them really thoroughly with Eat Cleaner and throw them into the blender. You'll want to double the batch.

Makes one large banana bread loaf

- 3 whole bananas, peel on
- 3 whole eggs
- 3 tablespoons ghee
- 1 teaspoon pure vanilla extract
- 1/4 cup unsweetened almond milk
- 1 cup coconut flour
- 1/4 cup chopped walnuts
- 2 heaping tablespoons bone broth collagen protein powder
- 2 teaspoons granulated stevia extract
- 1/3 cup vegan dark chocolate chips plus an extra two tablespoons for the top
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt

1. Preheat oven to 375F.
2. In a blender, pulse bananas and peels, eggs, ghee, milk and vanilla until smooth.
3. In a large mixing bowl, combine with dry ingredients until consistent. Line loaf pan with parchment paper. Pour mixture in evenly and sprinkle a few extra chocolate chips on top.
4. Bake for 50-55 minutes or until toothpick comes out clean. Cool for 10-15 minutes.



MACADAMIA NUT BANANA PANCAKES

with coconut syrup

Gluten Free

For me, this is Hawaii on a plate. There is nothing more decadently delicious than the combination of buttery rich macadamia nuts with bananas and coconut syrup. Just thinking about this right now makes me want to cry, it's so delicious. Takes Jack Johnson's "Banana Pancakes" song to the next level.

Makes 4-6 servings, 3-4 pancakes each

Macadamia Nut Banana Pancakes:

- 1 ½ C Bob's Red Mill All Purpose Gluten-Free Flour
- ¼ teaspoon Kosher salt
- ½ teaspoon baking soda
- ¾ teaspoon baking powder
- 3 whole eggs
- 2 cups almond or coconut milk
- 2 medium-large very ripe bananas, peel on
- 1 teaspoon pure vanilla extract
- ½ cup chopped Macadamia nuts

Coconut Syrup

- 1 14 oz. Can Coconut Milk
- 1 tablespoon arrowroot powder or cornstarch
- 1/2 cup Simple Syrup (equal parts sweetener to water; e.g. 1/2 cup monk fruit extract dissolved in 2 cup water)



Macadamia Nut Banana Pancakes:

1. In a large mixing bowl mix flour, Kosher salt, baking soda and baking powder.
2. Place the wet ingredients in a blender (eggs, milk, bananas and vanilla extract). Process on the lowest speed just until the mixture is smooth.
3. Add the wet ingredients to the flour mixture and whisk together until smooth. Stir in Macadamia nuts.
4. On a hot griddle, drop batter in ¼ cups. Once side up begins to bubble, flip and cook on other side until done.

Coconut Syrup:

1. In a medium saucepan, whisk together coconut milk and arrowroot powder or cornstarch until smooth. Add simple syrup and bring to a boil; reduce heat and simmer for 10 minutes. Allow to cool for 5-10 minutes before pouring over pancakes. Mixture will thicken up further as it cools.



PALEO BANANA WALNUT Muffins

Gluten Free

Who doesn't love a warm, delish muffin that crunches when you bite into it? My kids. So that's why I make these, so no one will have any but me. If you agree, these little morsels are for you, sans the muffin tops.

Makes 12 muffins

- 1/2 cups coconut flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 3 large whole eggs
- 3 tablespoons extra virgin coconut oil, melted
- 1/3 cup almond butter
- 3 medium sized ripe bananas, peels on
- 1 teaspoon vanilla extract
- 1/2 cup walnuts (or walnut pieces), chopped



1. Preheat oven to 350° F. Use a 12-muffin silicone muffin pan (no oil needed)
2. In a blender, combine the bananas, eggs, coconut oil, vanilla extract and cup almond butter and pulse until smooth.
3. Add the coconut flour, baking soda, baking powder and salt to the wet ingredients and pulse until well combined. Mix in the walnuts with a long-handled spoon.
4. Fill muffin tins 2/3 full.
5. Bake in preheated oven for about 20-22 minutes; a toothpick should come out clean.
6. Remove from oven and allow to cool on a wire rack for about 10 minutes. Slather with a little ghee and a little local honey for some extra yumminess.



CINNAMON SWIRL BANANA Nice Cream

Vegan, Gluten Free

I live in Southern California, so churros are a reality and a curse. They smell so dang good when that cinnamon is wafting through the air; but is there anything worse for you than sugar-drenched deep fried dough? Cinnamon swirl banana nice cream satisfies some (cause who are we kidding) of that craving with a cool finish. I'll bite!

Makes 2-4 servings

- 3 large bananas, peel left on, ends and stem trimmed
- ½ cup almond milk
- ½ teaspoon pure vanilla extract
- 1 ½ teaspoons ground cinnamon
- 2 teaspoons granulated stevia, separated



1. Chop each banana into 3 chunks and freeze overnight.
2. Place the banana chunks, almond milk and vanilla extract in a high-powered blender or a food processor and pulse until smooth and creamy. Scrape down sides and blend until smooth.
3. Transfer to a bowl and stir in cinnamon and mix in stevia. Enjoy right away or re-freeze until you're ready to scoop!



BANANA COCONUT CREAM Pie Pudding

Gluten Free

The luscious flavor of a banana cream pie in literally minutes, with no baking required. This is our kind of puddin'!

Makes 2-4 servings

- 4 egg yolks
- 1/4 cup honey
- 1/4 cup arrowroot powder
- 2 ripe bananas, peel left on
- 1/2 tsp Kosher salt
- 2 cups full-fat coconut milk
- 1 tsp pure vanilla extract
- 2 tablespoons chopped walnuts
- 2 tablespoons unsweetened shredded coconut

1. In a large mixing bowl, whisk together the egg yolks, honey and arrowroot powder. Set aside.
2. In a blender, combine coconut milk, bananas, salt and vanilla extract until completely smooth. Pour mixture into into the egg mix, whisking until smooth. Transfer the entire mixture back into the saucepan and cook for another 5 minutes over low temperature. Stir regularly until reduced by about a third.
3. Chill for an hour or until completely cool. Serve in dessert glasses topped with walnut pieces and a sprinkle of unsweetened shredded coconut.

