

DELICIOUS UPCYCLING IDEAS



Don't know what to do with your leftovers and don't feel like making the same dish from the last few days? Here are a few ideas for what you can create from your leftovers this winter season.



Potatoes



Roasted potatoes



Leftover
kale leaves



Kale chips



Organic citrus
peel and leftover
fruit



Make winter
punch with cinna-
mon stick, winter
spices, fruit juice
and tea



Mandarin orange
peels



infused water
or dry, to use as
decoration



Vegetable peels



Vegetable stock/
broth as hot soup
to boost your im-
mune system on
cold days

