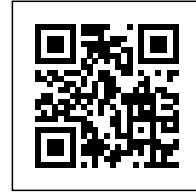


# INEDIBLE PARTS OF FOOD THAT ARE ACTUALLY VERY USEFUL



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**Don't throw away these inedible food scraps, because they will come in handy!**

**We usually immediately throw fruit and vegetable peels into the trash without thinking about it. Why wouldn't we? What are we ever going to do with those anyway? Well, you can do a lot more with the inedible parts of food than you might think! Did you know that you can use out of date olive oil to make an easy makeup remover? Next time, think twice before throwing out those potato peels or pumpkin seeds. You can very easily repurpose the following ten food scraps or inedible food parts.**

Those inedible food parts aren't as useless as you might think!

## **1. Watermelon rinds**

Did you know the rinds of a watermelon can boost your love life? A study performed by Texas A&M University showed that this big, round fruit contains large amounts of citrulline, which is a compound that's good for your blood circulation – including to more intimate parts of your body. To experience more fun between the sheets, you could add a watermelon rind to a smoothie or a stir-fry. It'll taste a little like courgette if you add it to a stir-fry.

## **2. Banana peels**

On average, about 40 million tons of banana peels are thrown away each year around the world, according to a study from 2013. That's a real waste because did you know you can use banana peels to polish your leather shoes? Not only that, but a banana peel is also a great replacement for a bandage because it contains a lot of potassium, which has a healing function. Use the peel to rub on a wound and you'll notice it'll heal more quickly! Don't rub it on open wounds, though.

## **3. Pumpkin filling**

When you use pumpkin in a dish, you remove the filling and the seeds first. You probably usually throw this out, but you could also use it to make a great face mask! Pumpkin is full of anti-oxidants and vitamins A, C and E, which makes it very good for your skin. Mix the pumpkin filling with half a teaspoon of honey, half a teaspoon of milk and a quarter of a teaspoon of cinnamon. Apply the mixture to your face and leave it on for ten minutes. Rinse your face afterwards and your skin will look amazing!

## **4. Potato peels**

Can't afford an expensive spa? Potato peels are perfect for removing dark circles beneath your eyes. The secret ingredient is catecholase, which is an enzyme that lightens your skin. Slice leftover potato

peels in two thin slices and place these under your eyes for about ten minutes. The juice will soak into your skin and lighten the dark circles. For the best results, you should repeat this process twice a week.

## 5. Stale bread

Most people will know that you can use stale bread to make croutons or breadcrumbs, but did you know it's also great to use as an eraser? When you've got stripes or stains on your walls, you can use a piece of stale bread to remove them. First, take off the crusts and then rub the piece of crustless bread onto the affected piece of wall. The stain or stripe will disappear right away!

## 6. Onion skins

Onion skins are full of nutrients. They contain plant pigments that lower your blood pressure, have an anti-inflammatory effect and make sure that your arteries don't clog. Although the skin of onions isn't edible, you can easily make a broth out of it, or add it to soups and stews. That way, you don't just make your dish a little bit healthier, but also tastier! Onion skins give off a very rich flavour. Do make sure you take them out of the stew, soup or broth before serving the dish.

## 7. Olive oil

That bottle of olive oil at the back of your cabinet that's passed its expiration date a long time ago might have lost its flavor, but you can still use it! Dab a few drops of the oil onto a stuck zipper and it'll run smoothly again. And did you know you can use olive oil as an excellent makeup remover? Apply a few drops of oil onto a cotton pad and use it to easily remove your mascara.

## 8. Orange peels

Orange peels work perfectly as a natural ant repeller. They contain a certain oil that drives away ants, so place a few orange peels in your garden if you're experiencing a bit of an ant pest. The best thing to do is to put the peels in a blender together with some water and then spread this mixture around anthills. The insects will leave your garden alone soon enough!

## 9. Grapefruit peels

The peels of grapefruit have a lot of health benefits. They contain important fibers that can help lower your cholesterol. But how do you use the peels, seeing as they are inedible? It's very easy: grate the peels and sprinkle a bit of this onto a salad, or make a tea out of it.

## 10. Peanut shells

Want to save money on cat litter *and* be environmentally friendly? Peanut shells are the solution. Soak them in some water, add a bit of dish soap and baking soda and mix it all together. The peanut shells will work perfectly as cat litter now.

