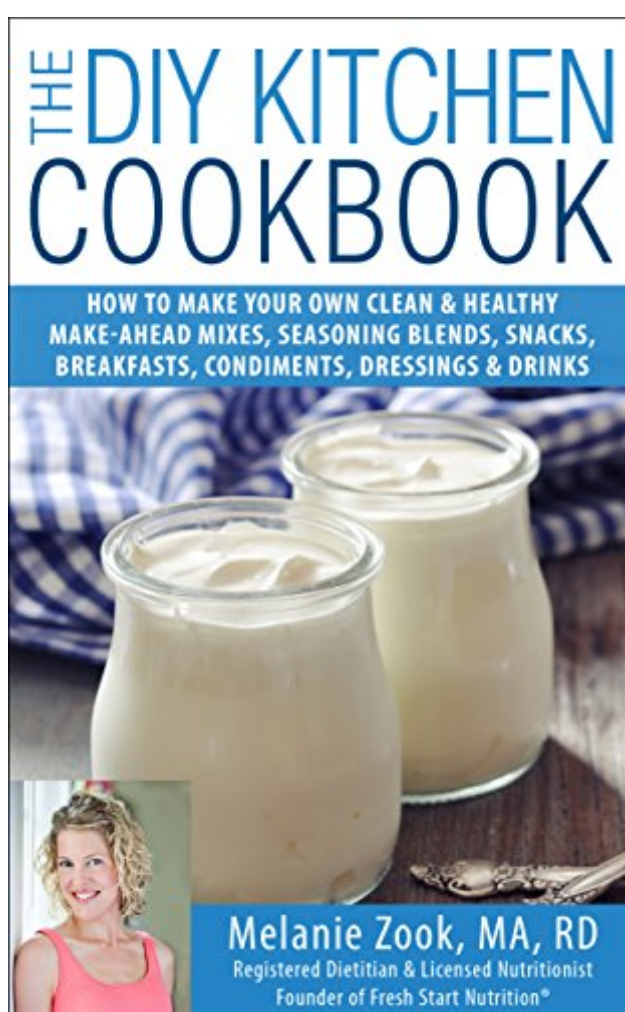


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The DIY Kitchen Cookbook: How To Make Your Own Clean & Healthy Make-Ahead Mixes, Seasoning Blends, Snacks, Breakfasts, Condiments, Dressings & Drinks



Synopsis

Do-it-yourself, copycat recipes are healthier, cleaner versions of what you'd normally buy in a grocery store. This ebook contains 62 recipes to make your own make-ahead mixes, seasoning blends, snacks, breakfasts, condiments, dressing & drinks. And they're easier than you think! So why DIY? When you do-it-yourself, YOU are in control. You know exactly what's going into your food. No preservatives, artificial flavors, colors or sweeteners, etc. Just whole, clean, healthy foods instead of processed foods that are full of unnecessary additives. You can use these recipes as guidelines. Try them out, then make them your own! Tweak them to fit your family preferences or swap out ingredients to make them allergy-friendly. You'll see I've provided a lot of tips and variations for many of the recipes. Pack in the extra nutrition. I've taken the nutrition guesswork out of these recipes by adding whole food ingredients with extra vitamins, minerals, fiber, antioxidants, omega-3s, etc. You'll save time and money, as well as space in your pantry and refrigerator. Once you stock-up on some of the ingredients you'll need for a DIY kitchen, you won't have to buy as many premade staples, and you can also save yourself the extra errands. Spend some time making some of the make-ahead mixes and you're done. It's green. You can skip the excess packaging of premade, processed foods.

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Customer Reviews

This cookbook is just what I was looking for. I have been working to limit processed foods from my family's diet and to choose healthier options. Each recipe in the book uses real ingredients that I can actually pronounce, and are easy to find. I love knowing exactly what is going into my food and have the confidence that I am serving healthy, whole foods without additives or unhealthy oils. It is also a plus that you can reduce your salt intake with these recipes. The cookbook includes make-ahead mixes, snacks, condiments, seasoning blends, salad dressings, breakfasts, and desserts. This is probably the first cookbook I've found where I will be using every single recipe. My favorites were the make-ahead mixes and the salad dressings. It is surprising how healthy you can make foods that I would typically avoid, and it doesn't take much time. My kids absolutely loved the pumpkin pie oatmeal with walnuts. There were lots of helpful tips throughout the book including great ingredient substitutions, food storage tips, as well as videos and photos. I highly recommend this book to everyone wanting to eliminate processed foods and additives, as well as saving time and money.

I have a busy life so I like to keep things quick and simple, but also healthy. I also live in a small apartment in the city where I don't have a lot of space for unnecessary things. This book has helped me while solving both of these problems. These recipes are both simple and healthy and don't require me to keep a stock-pile of a ton of ingredients with strange names that I can't pronounce. I was pleasantly surprised to find that most of what I needed for a lot of my favorite recipes I already had in my pantry. I've already replaced my taco seasoning and ranch mix and have many "dog ears" of recipes that I can't wait to get to. Home made chocolate syrup and fruit "roll-ups"...who knew!!! I can't wait to continue to work my way through this book and simplify my life while limiting the "bad" things I put in my body. I would highly recommend this book to anyone who is looking to eat cleaner and more simply

The joy of recipes like these is that they can all be made up ahead of time and then when for example you want some ranch dressing, you just grab your sour cream or Greek yogurt and add the seasoning mix and hey presto, you have what you need! These basic recipes will save you money not only now but in the long term as you do away with the "stuff" from the store that is invariably full

of ingredients that you do not even know what they are or if you do, ones it is best to avoid. Do you have a sweet tooth? Try the chocolate syrup. How many of you like ketchup? Now you can make your own! All kinds of milks are included as well as some sports drinks. Nutritional values are shown and the recipes are clear and easy to understand along with being accompanied by a photo. Good for all those committed to eating healthier and cutting out processed foods.

All I can say is THANK YOU! This cookbook has been such a wonderful resource to my family and I when trying to make good choices for snacks, drinks and meals. What I love most are that the ingredients to make these dishes aren't expensive, they are available at regular grocery stores and they don't require hours of time to whip up. My kids made the applesauce with me and not only was it delicious, but it was nice to have the kids be able to be a part of making a snack and see how things are made. The overnight oatmeal was a huge hit. It felt great already knowing breakfast was ready the night before! If you are looking to have confidence that the food you are preparing for your family is healthy and nutritious, you should get this cookbook!

I wish I could purchase an actual book and that there will be many more of these to come! I have just finished going through breast cancer and am ecstatic to find a book that is so simple to understand while being really informative. Please keep going with more and more recipes and ideas!!!

This book is a must-have! It is so easy to follow and relate to, especially because I am easily intimidated by recipes with obscure ingredients and long preparation times. With two small children and a busy schedule, this book is my lifesaver for saving time with meal prep and the amount of timing standing in the kitchen. My trips to the grocery store are shorter because I am not wasting time reading all the labels now that I make my own delicious food from this book. I might also mention that my grocery bills are cheaper! Using ingredients that I can pronounce is extremely important to me and I hope to pass this clean way of eating and thinking about food onto my children. My 5 year old has a severe egg allergy so I also love this book because I know for certain there are no allergens when I make the recipes myself. Great find!

Great cookbook for everyday use and love that it's electronic. I especially love the "Why DIY" sections and variations offered for many of the recipes. Definitely recommend any of the snack recipes (something you don't find often in regular cookbooks).

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