

50 things you should stop buying start making ready - making things yourself not only saves you money and helps the environment but it lets you know where your products are coming from and exactly what's in it, **pantry basics homemade chocolate syrup diy garden** - note this was originally published way back in march of 2009 and again illustrates one of aoc's core philosophies creating pantry basic foods instead of, **25 must have survival foods put them in your pantry now** - i based an entire cookbook around these 25 popular pantry items because they are low cost versatile have long shelf lives and do not require refrigeration stock up, **homestead survival live a sustainable eco friendly** - click here for holiday gift ideas part 2 click here for holiday gift ideas part 3 well it's that time of the year again and here you are looking for gift ideas, **canning 101 how long do home canned foods really last** - 105 responses to canning 101 how long do home canned foods really last, **drug detox drinks homemade side effects of slimquick** - drug detox drinks homemade side effects of slimquick fat burner drug detox drinks homemade foods to burn fat fast does apple cider vinegar help burn belly fat, **coconut butter 101 how to make it and how to use it a** - if you are a visual learner i have a video you can watch it is a bit long but until i figure out how in the heck to cut clips out this will have to do, **cooking with spices 101 myths debunked recipe chai** - michelle in an airtight container i've had granola last for months i bet you could freeze it too but i've never tried don't hesitate to halve, **my no spend pantry challenge meal ideas balancing** - i am saving 500 this month by being creative in my kitchen during my no spend pantry challenge join me, **homemade oat milk easy fast cheap oh she glows** - when i mentioned that i was working on a homemade milk post many of you asked for a low cost and nut free homemade milk recipe i decided to put myself to the challenge, **homemade detox water headache extreme fat burning soup** - homemade detox water headache extreme fat burning soup recipe homemade detox water headache burning fat versus burning muscle how to burn tummy fat fast for women, **vegan butter substitute fork and beans making food fun** - you won't believe how creamy melt in your mouth smooth this vegan butter substitute is it spreads on toast like buttah, **how to make the best homemade ranch the crafty blog stalker** - i am sure i am not the only ranch snob in this world so i am going to share a recipe with you for the best homemade ranch recipe and just so you know i'm not, **why food sustainability matters and what you can do 10** - learn why food sustainability matters and what you can do today to eat sustainably, **homemade fruit on the bottom yogurts wholefully** - save on time money and trash by making your own homemade fruit on the bottom yogurt cups, **back to school luxurious homemade sunflower seed butter** - plain sunflower seed butter can taste quite bitter so i've improved its flavour by adding a touch of coconut sugar cinnamon and some virgin coconut oil to thin, **the top 10 foods to not store survival mom** - some foods just do not do well when it comes to long term storage here is a list of 10 that you probably shouldn't count on in your food storage pantry, **guess what you're buying fake maple syrup oh lardy** - did you know that much of what you think is maple syrup is actually fake maple syrup don't feed your family maple flavored high fructose corn syrup, **how to make tofu milking the soy bean part 2 justhungry** - hi this is quite interesting post about soya milk and tofu making very impressive would love you try since i love soya milk and tofu question for you do you use, **easy no bake peanut butter granola bars vegan recipe** - these 5 minute no bake peanut butter granola bars are not only delicious and nutritious but they are also vegan and if you use gluten free certified oats and brown

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