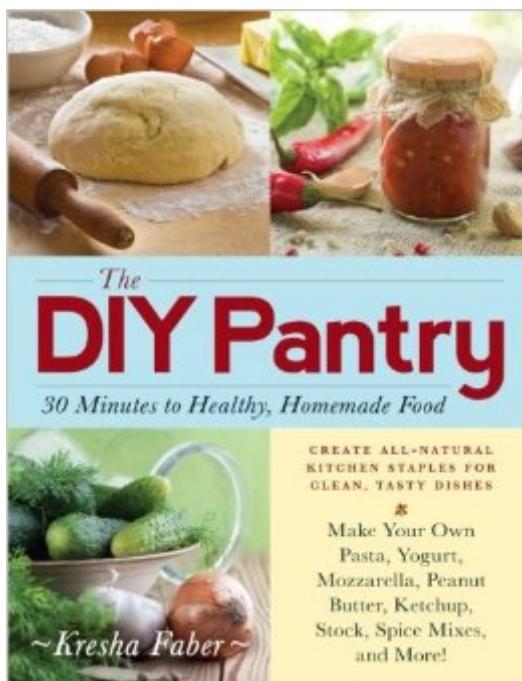


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# The DIY Pantry: 30 Minutes To Healthy, Homemade Food



## **Synopsis**

All-natural pantry staples for just pennies a serving! With The DIY Pantry, you can break free from processed foods and learn to make healthy, delicious meals without spending hours in the kitchen or breaking the bank. From artisan breads and aromatic seasonings to irresistible treats like Black-and-White Sandwich Cookies and Peppermint Patties, this book shows you how to stock your pantry with all the ingredients you need to make your favorite meals for the entire week. Best of all, each flavorful recipe can be completed in fewer than 30 minutes, making them perfect for anyone looking to add more wholesome dishes to their repertoire. Filled with more than 150 natural, budget-friendly recipes as well as tips for storing your food, The DIY Pantry shows you that creating nutritious, homemade meals doesn't have to be costly or hard work.

## **Book Information**

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## **Customer Reviews**

NOTE: I received one copy of The DIY Pantry at no charge to facilitate my review. The DIY Pantry is a simple cookbook designed with the sole purpose of teaching you how to make your own kitchen staples. It starts out telling you what sort of ingredients to stock in your pantry at all times (spices, oils, sweeteners, etc) and then moves into the recipes. The chapters are well organized in the table of contents so you can find things easily. The recipes range from simple condiments like tartar sauce, pantry staples like apple sauce, and more complicated projects like making your own pasta and taco shells. If you would find it in your pantry, you will probably find a recipe for it in The DIY Pantry. The author gives each recipe symbols for egg free, dairy free, gluten free, etc and a price point (how cheap it is to make). This makes it easy to fit into your budget and dietary needs. There

are no fancy pictures or tons of descriptive prose in this cookbook. But you will find exact time requirements, nutritional breakdown and a star rating as to how hard the recipe is. Overall, I am very impressed with this cookbook and am looking forward to exploring some of the recipes.

If, like me, you are dismayed by every trip to the grocery store, this book may be an answer! Most manufacturers are shifting to the ultra-cheap sugar -- HIGH FRUCTOSE CORN SYRUP. I still don't understand how a label can say PARTIALLY-HYDROGENATED WHATEVER and still list 0% trans-fatty acids. And, I don't even want to talk about GENETICALLY MODIFIED ORGANISMS (GMO's).I'm not a rabid environmentalist, but a concerned mother who worries about the processed food we are feeding our children. If I can make my own catsup, Asian dipping sauce, classic mayonnaise, buttermilk and cream cheese and leave out the preservatives, fake sugar and Frankenstein corn and soybeans, I want to do it. Up until now, I've been unable to find a book of instructions for making common foods (peanut butter, spice mixes, soup stock, yogurt, salad dressings, and cheddar cheese crackers). Instructions are included for your own cake mixes and icing options, instant oatmeal, ginger ale and root beer syrup. Even if I only make a few items in this book, it is decreasing the amount of junked-up foods my family is consuming. None of the recipes has required more than 30 minutes of prep time (simmering time is not included for things like soups, etc.). This book has 150 recipes and is a bargain!

I have been looking for ways to add more wholesome dishes to my repertoire of meals for my family. This book has helped immensely in this quest- bringing ideas that are unique, yet simple! It showed me that nutritious meals are not as costly or difficult to achieve as I thought :) The other day we found a new favourite recipe for homemade chicken nuggets in this book... blending chicken, bacon and seasonings in a food processor before breading...yum! I'm also having fun stocking my pantry with homemade spice mixes, and my daughters love watching me create things from scratch that they have only known to come from a bottle or box before...ketchup, fruit snacks, tartar sauce, taco shells... there are so many great ideas in this book for ways to restock your pantry with wholesome goodies! All of the recipes we have tried so far have been successful... the instructions are helpful and clear. I'm looking forward to trying out more of Kresha's wonderful recipes!

Somehow, I had the mistaken ideal that many of the condiments and packaged foods had some mysterious hidden recipe, known only to the manufacturer. It was wonderful to discover how to make many of my family favorites with ingredients I already have in my pantry. I highly recommend

to every homemaker and especially newlyweds.

One of the biggest challenges when living a real food lifestyle is learning to make real food versions of your favorite pantry staples. Kresha shows you how you can quickly and economically make your own condiments and pantry staples for far less than the overly processed over-priced commercial brands. The DIY Pantry is a definite helpful companion guide for anyone serious about living a real food lifestyle!

The only reason this book isn't getting five stars is because it's missing a recipe. On the cover it says make your own pasta, yogurt, mozzarella | But I have not seen any recipes for mozzarella in the entire book. Maybe I'm missing it and somebody else knows where it is, but I haven't seen it! Seems goofy listing it on the cover and then it not even being in the book!

I've been a follower of Kresha's for a few years now, and I'm now a fan of her new book. Although my family doesn't have a particular eating philosophy (paleo, low-fat, etc.), we do try to eat at home and eat healthy at home. For us, eating healthy means eating whole foods and foods made from scratch. That doesn't always happen and I haven't had success with every recipe I've tried. What it does mean is that our meals are simple, wholesome, and chemical and preservative-free, for the most part. And I feel good about feeding my family this way. This is a cookbook full of pantry staples like yogurt, ketchup, and chicken stock – things most people are used to buying off the grocery store shelves. However, what you quickly realize is that by spending just a few more minutes in the kitchen with preparation, your end result could be more tasty, more natural, and less expensive! That, for me, is where the value lies – in recreating store-bought food easily, relatively quickly, and specifically inexpensively. And while I love bringing my cell phone or laptop or tablet into the kitchen with me to cook, having a physical reference is sometimes just as easy (if not easier) to use. The other benefit is that you don't need expensive or fancy equipment – just regular kitchen tools and maybe a few things you hadn't already had on hand – like a kitchen thermometer, in my case, since my previous one broke – in order to make the recipes. It does take time for you and your family to get used to – cereal – foods without all of the artificial ingredients, but once you do you'll wonder what took you so long! Disclosure: I received a review copy of this book in hopes that I would review it. The opinions expressed above are my own.

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