
Site To Download Delicious Probiotic Drinks 75 Recipes For Kombucha Kefir Ginger Beer And Other Naturally Fermented Drinks

Eventually, you will very discover a other experience and exploit by spending more cash. nevertheless when? reach you take on that you require to get those every needs when having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to understand even more approaching the globe, experience, some places, gone history, amusement, and a lot more?

It is your entirely own become old to be in reviewing habit. in the midst of guides you could enjoy now is **Delicious Probiotic Drinks 75 Recipes For Kombucha Kefir Ginger Beer And Other Naturally Fermented Drinks** below.

MARISOL SANTIAGO

Probiotic Drinks at Home Penguin

The health benefits of probiotics are no secret—doctors from both the Western and Eastern medicine camps sing the praises of probiotics for their positive effects on digestion, metabolism, and the immune system. Enthusiasts of kombucha—a bubbly probiotic drink now sold regularly in stores from Manhattan delis to Seattle food co-ops—point to its high levels of B vitamins and amino acids,

improving mood, energy levels, joint function, ligament health, and skin health. Now you can learn to make kombucha, as well as numerous other probiotic drinks, at home! With clear step-by-step directions, beautiful photographs, and more than seventy-five recipes, this is the ultimate guide to homemade probiotic drinks. You'll find numerous recipes for: Kombucha Jun Kefir Lacto-fermented lemonade Ginger beer Cultured vegetable juices And more! In addition, you'll find recipes for making yogurt, smoothies, and kefir ice cream.

Fermenting drinks may seem daunting, but Julia Mueller shows how it can be fun, much more cost-effective than buying ready-made drinks from the store, and delicious! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and

more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

The Healthy Probiotic Diet Simon and Schuster

The author of the popular Nourished Kitchen website shares 175 recipes based on the "traditional foods" philosophy of eating that emphasizes nutrient-rich whole grains, dairy, red meat, organ meats and fermented foods. Original. 12,000 first printing.

Minimalist Baker's Everyday Cooking

Houghton Mifflin Harcourt

Want a healthy gut? Then brew and drink your own naturally fermented kombucha – it is packed full of probiotics and is thought to improve digestion and boost the immune system. Louise Avery is one of London's best-connected kombucha

producers and the owner of LA Brewery. Here she reveals her tried-and-tested recipes that use the freshest produce to create truly delicious fermented teas. Starting with an explanation of exactly what kombucha is, Louise then offers information on the types of tea you can use to flavour your kombucha, the health benefits of drinking it and the essential equipment you will need to brew your own. Next, she presents a step-by-step process for brewing kombucha, bottling and storing and controlling the yeast. Recipes are then organized by type of base: Fruit, with recipes for Blood Orangeade, Pear and Ginger Tea; Vegetable, including Striped Candy Beetroot and Lime, and a Virgin Mary. Flower has ideas for Hibiscus Kombucha and a Hoppy Pale Ale, while Herb, Spice and Tea is where things heat up with Lemongrass Tea and two Turmeric Immune Boosters as well as Jasmine Kombucha and a Lychee Basil Mojito. [Healthy recipes for naturally fermented tea drinks](#) The Countryman Press Unicorn Food is the food trend redefining clean eating, with plant-based dishes that are as bewitchingly beautiful and

Instagrammable as they are nourishing and delicious. Now, in a kaleidoscope of 75 innovative, naturally colorful recipes, food journalist Kat Odell—author of *Day Drinking* and entrepreneur behind the alt-milk brand Unicorn Foods—introduces healthy, vibrant dishes that are as fun to eat as they are good for you. The ingredients are all natural and nutrient packed, ranging from fresh fruits and vegetables to superfoods like flax seeds, coconut oil, spirulina, chia, and bee pollen. And the hyper-colorful, creative recipes are perfect for healthy-forward eaters, including gently flavored nut milks, grain bowls loaded with fresh vegetables, probiotic breakfast custards, toasts with slathers and spreads. This is health food filled with joy, and in all the colors of the rainbow: the deep glowing yellow of a Frozen Turmeric Lassi, the greens of Bean Thread Noodle Salad with Miso-Arugula Pesto, the intense oranges and purples of Sweet + Sour Rainbow Radish Tacos, the tie-dye rainbow effect of Pineapple Kimchi Summer Sunset Rolls, and the pastels of Strawberry-Pink Peppercorn "Ice Cream" Sticks. Filled with dazzling full-color photographs, and published in a package

as special as the dishes themselves, Unicorn Food is a cookbook of real beauty, in the look, in the recipes, in the spirit of the food itself.

Delicious Probiotic Drinks Ryland Peters & Small

Donna Schwenk's world changed when she discovered cultured foods. After a difficult pregnancy and various health problems, she became determined to find answers to what ailed her. And in her quest, she came across the ancient art of home fermentation, a food preparation technique that supercharges everyday foods with beneficial bacteria to balance your digestive system, and vitamins and minerals to enhance your overall health. This simple, natural process has been used for thousands of years to create everything from drinks like kefir and kombucha to foods like kimchi and pickles. After incorporating fermented foods into her life, Donna began to experience a vitality that she had never known. And then she was hooked! She started a new life as a teacher and writer, blogging on her website culturedfoodlife.com, in an effort to bring the beautiful world of fermented foods to as many people as

possible. She now works with thousands of people to open the door to a world of foods that can help improve an array of health problems including high blood pressure, diabetes, allergies, acne, hypertension, asthma, and irritable bowel syndrome. In *Cultured Food for Life* Donna brings this same information to you and shows you that preparing and eating cultured foods is easy, fun, and delicious! After speaking to the science behind the healing power of probiotic foods and telling the astonishing story of how she healed herself and her family, Schwenk walks you, step by step, through the basic preparation techniques for kefir, kombucha, cultured vegetables, and sprouted flour, plus more than 135 recipes that use these foods to create dishes to please any palate. With recipes like Herbed Omelet with Kefir Hollandaise Sauce, Sprouted Ginger Scones with Peaches and Kefir Cream, Kefir Veggie Sprouted Pizza, Apple Sauerkraut, and Brownie Cupcakes with Kefir Frosting, along with inspirational stories from Donna's family and friends, you'll learn everything you want to know about a diet that's as tasty as it is healthy.

Recipes for Making and Cooking with Fermented Foods Workman Publishing
From the trusted health experts at Prevention comes a clean, new approach to keto - including more than 75 flavor-packed plant-forward keto recipes to help you get slim and stay healthy! *Healthy Keto: Prevention Healing Kitchen* shows you how to go keto the healthy way, with delicious high-fat, low-carb, plant-centric recipes to help you burn fat, lose weight, and boost your energy—without ever feeling hungry or deprived. With this sensible, science-based plan, you don't have to compromise your health to lose stubborn pounds. Instead of loads of cheese, bacon, and butter, this collection of recipes showcases Prevention's 15 all-star ingredients—like salmon, Greek yogurt, lean meats, avocados, and mushrooms—for keto-compliant comfort meals your whole crowd will love! And while some recipes with meat are included, this keto plan is ideal for people who want to cut down on their overall meat consumption. *Healthy Keto: Prevention Healing Kitchen* has all the tools you need to keep keto healthy: • Keto 101, including how to make it work

for you, healthy keto foods to stock up on, smart meal-planning, and eye-opening keto diet secrets • 75 deliciously nourishing recipes for breakfast, apps and snacks, salads and soups, entrees, and sides, all featuring healthy fats and low-carb fruits and veggies such as Tomato Egg Stacks, Rosemary-Almond Keto Crackers, Thai Turkey Lettuce Cups, and Seared Salmon with Roasted Cauliflower • 15 Keto All-Star ingredients to turbocharge your health and weight-loss • Tips and tricks from the test kitchen for easy-breezy prep and make-ahead meals • Family-friendly recipes that even your pickiest eater will enjoy • Expert guidance from the editors of Prevention and Rachel Lustgarten, MS, RD, CDN • Lie-flat binding for easy use With this ingenious guide in hand, beginners will learn how to ease into the keto lifestyle, and keto pros will discover new ways to make every day delicious!

Simple and Delicious Recipes for

Everyone's Favorite Superfood Harmony

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or

less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Little, Brown Spark

Dramatically improve your health by eating foods filled with dynamic probiotics that supercharge your body! Ordinary

foods become powerful health agents in a few easy steps using ancient wisdom and time-tested techniques such as natural fermentation. Author and educator Donna Schwenk tells her compelling story of how she transformed her family's health by creating foods that conquer sicknesses, including diabetes, high blood pressure and IBS. Hundreds of families have attended Donna's seminars and renewed their health, changing their lives forever! After numerous requests from her seminar participants, Donna has provided this compilation of over sixty delicious recipes that were the key to her own success. With her simple step-by-step instructions, you too can learn to make delicious probiotic foods that will create wellness and restore your health. You can enjoy a preview at: www.culturedfoodlife.com or follow Donna on her blog at www.blog.culturedfoodlife.com

Nutritious and tasty recipes for fried, baked, raw, vegan and more! Skyhorse From sauerkraut to kombucha, homemade fermented foods and drinks are the latest health trend. Probiotic drinks and fermented foods pack a powerful dose of live cultures that many people credit for

improved digestion, immunity, and skin health. With more than fifty recipes, The Healthy Probiotic Power Diet will show you how to make delicious meals and beverages in your own home to make them part of your everyday diet. Probiotic drinks are made by adding cultures to base ingredients such as milk, sweet tea, or fruit juice, while fermented foods can be made by culturing vegetables, grains, beans, and other foods. Both add enzymes, B vitamins, and protein to your diet, while tasting delicious. R. J. Ruppenthal explains the benefits and includes simple, tasty recipes for: - Kombucha and ginger beer - Yogurt, cottage cheese, chèvre, and gouda cheeses - Kefir, yogurt, and smoothies - Green drinks and natural energy drinks - Naturally fermented ciders and sodas - Sauerkraut, kimchi, and natural pickles - Simple and delicious probiotic dishes, including corn salsa, dolmas, kimchi noodles, chocolate pudding, and hummus Probiotic drinks and foods can help you lose weight, nourish your body, boost energy, and improve overall health. With quick and easy recipes, The Healthy Probiotic Power Diet will show you the way

to a healthier lifestyle, while helping you save money over the high cost of these popular items. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Homemade Yogurt & Kefir Simon and Schuster

The ultimate in light fast food, Middle Eastern falafel have become a universally adored comfort dish, which uniquely manage to bridge the gap between

healthy and delicious fare. Learn to make best-ever falafel with tips and tricks, and this creative collection of recipes for fried, baked, and full on falafel meals. Falafel are an ancient Middle Eastern food originally made with fava or chickpeas (garbanzo beans), which are crushed and mixed with herbs and spices and molded into patties. They are then traditionally served in pita bread pockets with salad and dips such as hummus, tzatziki, or tahini sauce. The rest of the world have since caught on to the delights of falafel, and chickpea patties have steadily been becoming the darlings of vegans and vegetarians, picnic goers, festival food trucks and supermarket delis since the early 2000s. It's not hard to see why: quick, easy and inexpensive for home-cooks to make, they also fall into that wondrous overlapping category of being crave-worthy and satisfying (up there with fries and other such savory morsels) as well as nutritious and fairly low in fat. What's more, chickpeas are a brilliant source of protein for those who don't eat meat. They are rich in fiber, as well as nutrients manganese and folate. But the health benefits don't stop with chickpeas—modern falafel are often made

with added vegetables, nuts and seeds, lentils, or other grains and legumes, as are many in this book. In the Fried section try the Fennel & Lemon Scented Falafel or Juicy Brown Rice Faux-lafel. In the Baked chapter find Crunchy Sesame Falafel or Falafel Croquettes. The Raw section offers snacks such as tasty Mediterranean Seed Falafel, which are packed with good stuff, and very low fat. For something more substantial try curries, casseroles, burgers, and salads in the Meals chapter. Lastly, whip up Sauces & Dips such as Spicy Avocado or Home-made Tahini Sauce in the to perfectly complement your patties. The savory taste and filling texture of falafel means they are great in a wide range of dishes. Falafel forever is for the falafel-obsessed as well as people who are new to trying this delicious dish in all its various forms.

Kombucha! Rizzoli Publications
Making thirst-quenchingly healthy kombucha, kefir, and natural sparkling sodas at home is easier than you probably think--this book breaks the process down step-by-step. This simple and stunningly photographed book explains the basics of brewing your own kombucha, kefir, and

natural soda--right from your very own home. Truly, this book couldn't arrive in your life at a better time. At this crucial moment of consumer awareness, many of us are starting to make better and more informed choices about what we eat and drink--and we're given plenty more choice than in the years gone by. The drinks-cooler section in all supermarkets and corner stores is now laden with healthier options which challenge the classic selection of commercialized, sugar-filled sodas of our youth. Today you'll find anywhere a whole range of naturally low-sugar, fermented alternatives such as kombucha, switchel, and kefir--all healthy, gut-friendly drink options. These thirst-quenchers might seem too complicated to consider making yourself--but in fact, fermented drinks are much easier to create at home than you might think. That's the thing about fermentation... You just bottle it up and wait. This book contains forty easy-to-create drinks that will not just save you money, but will make you feel great too! Recipes in the book include kefir, kombucha, grapefruit soda, cider, switchel, and mead. You'll be a (mocktail) mixologist in no time!

The Big Book of Kombucha Simon and Schuster

With The Big Book of Juicing, you'll learn how to make a variety of healthy drinks, which fruits and vegetables provide the nutrients to meet your specific health needs, and which produce is better when eaten whole rather than juiced or blended. You'll discover how to choose the right juicer and tips for going on a juice detox. The full-color photos will inspire you to start blending today. Feel the difference when you incorporate these juices, smoothies and other drinks into your daily diet. Apricot & Melon Smoothie Cacao Dessert Smoothie Excitement in Your Mouth Juice Frothy Monkey Juice Lemon Ginger Kombucha Probiotic Lemonade Secret Spinach Shake Quick and Dirty Flu Fighter Wake Me Up Morning Cocktail In addition, readers will learn how green smoothies are hands down one of the best supplements to any diet. With at least one smoothie a day your body will not only receive an extra boost of nutrients, but it will begin to crave these healthier foods naturally. The Big Book of Juicing also gives instructions on how to create probiotic drinks that benefit digestion,

metabolism, and the immune system. Now you can enjoy these bubbly probiotic drinks at home. Enthusiasts of the bubbly probiotic drink kombucha look to its high levels of B vitamins and amino acids, which are said to improve your mood, energy levels, joint function, and skin. Whether you're new to juicing or already a stalwart supporter, you'll find tips and recipes that the whole family will love! *Healthy Gut, Flat Stomach Drinks: 75 Low-FODMAP Tonics, Smoothies, Infusions, and More Delicious Probiotic Drinks* 75 Recipes for Kombucha, Kefir, Ginger Beer, and Other Naturally Fermented Drinks "Don't juice without it!" - One of over 150 *FIVE STAR* Amazon Reviews! In addition to over 50 easy and delicious recipes, green juice expert Farnoosh Brock talks you through countless situations, including: How will your body will react to green juicing with a sensitive stomach? How can you stay motivated after the initial excitement wears off? What are the best juicers available, and which one is best for you? A passionate green juicer for over five years, Brock gives you her best tips on how to manage each as you move forward in this journey. She shares her

knowledge, discoveries, and lessons learned from her years of green juicing! She gives you the good, the bad, and the ugly so you can make smart and informed decisions as you learn how to heal your body and return it to harmony using healthy plants from your farmer's market, garden, or produce aisle. In this widely praised juicing recipe book and guide, every fruit and vegetable you can think of pairs up in this juice bible for devoted followers of the juice craze that's sweeping the nation. From radical-fighting blueberries to nutrient-rich kale, to protein-packed spinach, *The Healthy Juicer's Bible* includes nutritional information and details on the benefits of juicing for life! Whatever your fitness regimen, health goals, or daily routine, *The Healthy Juicer's Bible* is the ultimate, comprehensive resource for every aspect of the wonderful world of juicing! [More Than 150 Delicious Recipes for Fruit & Vegetable Juices, Green Smoothies, and Probiotic Drinks](#) Skyhorse Make healthy and delicious probiotic drinks to improve your mood, energy levels, joint function, ligament and skin health, and more! The health benefits of

probiotics are no secret—doctors from both the Western and Eastern medicine camps sing the praises of probiotics for their positive effects on digestion, metabolism, and the immune system. Enthusiasts of kombucha—a bubbly probiotic drink now sold regularly in stores from Manhattan delis to Seattle food co-ops—point to its high levels of B vitamins and amino acids. Now you can learn to make kombucha, as well as numerous other probiotic drinks, at home! With clear step-by-step directions, beautiful photographs, and more than seventy-five recipes, this book is the ultimate guide to homemade probiotic drinks. You'll find recipes for: Kombucha Kefir Lacto-fermented lemonade Ginger beer Cultured vegetable juices And so much more Fermenting drinks may seem daunting, but Julia Mueller shows how it can be fun, much more cost-effective than buying ready-made drinks from the store, and delicious! [Unicorn Food](#) Skyhorse This guide from the founder of Kombucha Wonder Drink demystifies the process of brewing kombucha at home and offers recipes for using it in infusions, smoothies,

cocktails, and more. The Wonder Drink Kombucha—a fizzy, fermented tea-based beverage packed with probiotics, vitamins, and enzymes—has home brewers salivating. And who better to guide you through the brewing process than a tea guru with more than forty years of experience under his belt? Stephen Lee, cofounder of Tazo Tea and Stash Tea, turned his attention to fermented tea and founded Kombucha Wonder Drink in 2001. In *Kombucha Revolution*, Lee reveals the secrets to brewing the perfect batch of kombucha and caring for your very own SCOBY (Symbiotic Culture of Bacteria and Yeast). He also shares his favorite recipes—plus contributions from brewers, bartenders, and chefs like “Kombucha Mamma” Hannah Crum and Wildwood’s Dustin Clark—for infusing your brew with fruits, herbs, and spices, and incorporating it into juices, smoothies, sauces, snacks, sweets, and cocktails. With recipes for Lavender-Green Tea Kombucha, Cranberry Bitters Cocktails, Kombucha Vinegar, Green Smoothies, Kombucha Lime Ceviche, and Kombucha Pear Sorbet, mixing this healthful brew into your everyday lifestyle has never been so

revolutionary.

The Healthy Juicer's Bible Skyhorse
Eat your way to health with a packed, wholesome, customizable paleo bowl. Quick, healthful, and comfortingly delicious, the bowl food trend is the busy person’s answer to jump-starting the ultimate paleo lifestyle! Build your own bowl with unprocessed, anti-inflammatory whole foods and nourish your body with one hundred gluten-free, dairy-free, and refined-sugar-free bowl recipes for a hearty breakfast, lunch, and dinner. A tremendous holistic resource, *Paleo Power Bowls*, filled with more than 100 gorgeous photos, is not only an essential guide to the paleo diet. It also promotes the concept of food as medicine and personalized nutrition—customizing what foods work for you based on your personal nutritional needs and gut biome. Mueller shows how to build a well-balanced bowl tailored to specific diets and restrictions, whether it is AIP, low-FODMAP, Whole30, vegetarian, or vegan. If you suffer from autoimmune disease or allergies, the book includes instructions for a thirty-day elimination diet. *Paleo Power Bowls* also features one-pot, slow cooker, and thirty-

minute meals—including sides, condiments, and desserts—that can be assembled any night of the week. Learn to prepare: Spaghetti Squash with Broccoli & Pumpkin Seed Pesto Fluffy Poppy Seed Pancakes with Caramelized Figs All-the-Good-Veggies Detox Salad with Lemon-Parsley Dressing Chicken Tikka Masala with Cauliflower Rice Quick-and-Easy Turkey Meatballs with Zoodles Pumpkin Spice Chia Seed Pudding And more!

75+ Plant-Based, Low-Carb, High-Fat Recipes Storey Publishing

Delicious Probiotic Drinks 75 Recipes for Kombucha, Kefir, Ginger Beer, and Other Naturally Fermented Drinks Skyhorse

100 Delicious, Energizing & Nutrient-dense Recipes Penguin

The complete guide to kombucha—the wildly popular probiotic tea. Kombucha is lauded worldwide by healers, athletes, yogis, and other health-conscious souls, and is now going mainstream. Kombucha, a fermented tea beverage, has many cleansing, healing, and detoxifying effects. Eric and Jessica Childs, founders of Kombucha Brooklyn and experts on the wonders of kombucha, share their knowledge in this complete guide to

kombucha. In addition to the science and culture of 'buch, *Kombucha!* includes recipes and reveals inventive uses for the beverage in cooking, cocktails, and beauty products, tapping the benefits of probiotics for radiant rejuvenation.

Cultured Food for Life Storey Publishing

The health benefits of probiotics are no secret—doctors from both the Western and Eastern medicine camps sing the praises of probiotics for their positive effects on digestion, metabolism, and the immune system. Enthusiasts of kombucha—a bubbly probiotic drink now sold regularly in stores from Manhattan delis to Seattle food co-ops—point to its high levels of B vitamins and amino acids, improving mood, energy levels, joint function, ligament health, and skin health. Now you can learn to make kombucha, as well as numerous other probiotic drinks, at home! With clear step-by-step directions, beautiful photographs, and more than seventy-five recipes, this is the ultimate guide to homemade probiotic drinks. You'll find numerous recipes for: Kombucha Jun Kefir Lacto-fermented lemonade Ginger beer Cultured vegetable juices And more! In addition, you'll find recipes for making

yogurt, smoothies, and kefir ice cream. Fermenting drinks may seem daunting, but Julia Mueller shows how it can be fun, much more cost-effective than buying ready-made drinks from the store, and delicious! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Farm-to-table Recipes for the Traditional Foods Lifestyle : Featuring Bone Broths, Fermented Vegetables, Grass-fed Meats,

Wholesome Fats, Raw Dairy, and Kombuchas Createspace Independent Publishing Platform

A sustainable lifestyle starts in the kitchen with these use-what-you-have, spend-less-money recipes and tips, from the friendly voice behind @ZeroWasteChef. In her decade of living with as little plastic, food waste, and stuff as possible, Anne-Marie Bonneau, who blogs under the moniker Zero-Waste Chef, has learned that "zero-waste" is above all an intention, not a hard-and-fast rule. Because, while one person eliminating all their waste is great, if thousands of people do 20 percent better it will have a much bigger impact on the planet. The good news is you likely already have all the tools you need to begin to create your own change at home, especially in the kitchen. In her debut book, Bonneau gives readers the facts to motivate them to do better, the simple (and usually free) fixes to ease them into wasting less--you can, for example, banish plastic wrap by simply inverting a plate over your leftovers--and, finally, the recipes and strategies to turn them into more sustainable, money-saving cooks. Rescue a loaf from the landfill by making

Mexican Hot Chocolate Bread Pudding, or revive some sad greens to make a pesto. Save five bucks (and the plastic tub) at the supermarket with Yes Whey, You Can Make Ricotta Cheese, then use the cheese

in a galette and the leftover whey to make sourdough tortillas. With 75 vegan and vegetarian recipes for cooking with scraps, creating fermented staples, and using up

all your groceries before they become waste--including end-of-recipe tips on what to do with your ingredients next--Bonneau lays out an attainable vision of a zero-waste kitchen.