



14
Easy
**FOOD/PANTRY
SWAPS**

EASY PASTA

Flour, salt, water, and a little bit of oil make this easy pasta that comes together pretty quickly. This version does not use eggs so the result will be a little bit more delicate.

SERVINGS: 4

PREP TIME: 2 HOURS

COOK TIME: 5 MINUTES

INGREDIENTS

1 2/3 cup flour
1/2 cup water
2 Tbsp olive oil
1/2 tsp salt

DIRECTIONS

01. In a large bowl, combine the flour, salt, water and olive oil. Using your hands, mix well to form a dough. On a lightly floured surface, knead the dough for 5 minutes. Wrap the dough in cling film, and leave it to rest in the fridge for at least an hour.

02. When the dough has rested, unwrap it and cut it into 4 pieces. On a lightly floured surface, roll out the dough with a rolling pin. You want to end up with a very thin sheet, in a roughly rectangular shape.

03. Lightly dust the sheet of pasta dough with flour, then loosely roll it up. Cut the roll into strips (wider strips will give a wider tagliatelle). Unravel each piece, and set aside onto a floured board. Continue with all other balls of dough.

04. When you're ready to cook the pasta, bring a large pan of water up to the boil. Add the pasta, and cook just until it starts to float - anything from 20 seconds to a couple of minutes. Don't overcook. Serve with your favorite sauce.

GLUTEN FREE PASTA

A different option for those not consuming gluten. This grain free pasta is packed full of fiber and pairs well with several sauces.

SERVINGS: 4

PREP TIME: 10 MINUTES

COOK TIME: 5-10 MINUTES

INGREDIENTS

2 Tbsp chia seeds
6 tbsp warm water
1 3/4 cup chickpea flour

DIRECTIONS

01. Combine chia seeds and water and let sit for 5 minutes until the mixture becomes gelatinous.

02. Pile chickpea flour on a clean dry surface and make a well in the middle.

03. When the chia mixture has gelled place it inside the well and begin working it into the flour. At first it will seem like you have far too much flour but just keep working with it until it's all incorporated.

04. Using your pasta maker, or a rolling pin, turn dough out into long sheets. Using your pasta roller, roll pasta through the blades. If you do not have a pasta roller you can make your own cuts with a knife.

05. To cook, drop pasta into rapidly boiling water. Cook for 3-5 minutes or until all pasta is cooked through. Keep a close eye on it, because it'll overcook quickly. Drain and serve with your favorite sauce.

SIMPLE GLUTEN FREE FLOUR MIX

This recipe comes from the Minimalist Baker. So easy!

SERVINGS: NA
PREP TIME: 5 MINUTES
COOK TIME: NA

INGREDIENTS

1 1/2 cups brown rice flour
1/2 cup potato starch
1/4 cup tapioca flour
1/4 cup white rice flour

DIRECTIONS

01. Whisk all ingredients together in an airtight container and store in a dry place. This mix will keep well.

I usually triple this recipe to make a large batch and that works great!

HOMEMADE TORTILLAS

You can use all purpose flour or a gluten free flour blend in this recipe.

SERVINGS: 12
PREP TIME: 20 MINUTES
COOK TIME: 5-10 MINUTES

INGREDIENTS

3 cups flour
1 tsp salt
1 tsp baking powder
1/3 cup avocado oil
1 cup warm water

DIRECTIONS

01. Use a dough hook on your stand mixer. Add in the flour, salt, and baking powder- give those a good mix. Start your mixture at medium and add your oil and water. Mix until combined, stopping to scrape the sides if need be. Your dough should be pretty smooth and not tacky. If it's too hard to work with add a little bit of flour.

02. Remove from the bowl and divide into 8-12 balls depending on the size you want. Spray a plate with oil and put the balls on the plate and cover with a towel. Let the dough rest for 15 minutes.

03. Heat up either a non-stick skillet or a skillet you would cook pancakes on. Heat at medium heat.

04. Take your rested dough ball one at a time, and roll out on either a lightly floured surface, or a tortilla press with parchment paper. If rolling, roll dough ball out in a circle. Once it's rolled out, place on an un-greased non-stick skillet and cook for about 30 seconds, and flip and cook the other side for 30 seconds. Remove and put on a plate with a towel over it, while cooking the remainder.

CHICKPEA OMELETTES

Can't find eggs but want to have an omelette for breakfast? Give this recipe a try! This recipe below makes one omelette, if wanting to make more mix, be sure to double the recipe.

SERVINGS: 1 PREP TIME: 5 MINUTES COOK TIME: 15 MINUTES

INGREDIENTS

1/4 cup chickpea flour
1/3 cup water
1/4 cup vegetables of choice
1 Tbsp nutritional yeast
1/4 tsp salt
1 tbsp oil for frying

Optional to serve with; avocado, extra veggies, or your favorite toppings.

PRO TIP

Make sure it is fully cooked - the raw flour taste pretty gross. BUT cooked, it is delicious!

DIRECTIONS

- 01.** Mix chickpea flour, nutritional yeast, salt and water and stir until lumps are completely gone.
- 02.** Chop up your veggies into bite size pieces.
- 03.** Add oil to a well-seasoned cast iron skillet or a non-stick frying pan and sauté the veggies on medium-low heat until they become tender. Remove the veggies and add to the chickpea flour mixture.
- 04.** Turn up the heat to medium and pour the batter in the skillet like you would a large pancake and cook for about 5 minutes until the top of the omelette no longer looks wet. (You can put a lid on the frying pan for a minute or two to help it cook evenly.)
- 05.** Carefully loosen up the omelette with a spatula and flip the omelette to the other side and cook for 3-5 more minutes until it is no longer soft in the middle. (Make sure there is no wet batter left in the center).

YEAST STARTER

Yeast from potatoes? Yes! Really! All you need is one medium size potato, filtered water, a glass jar and a lot of patience.

SERVINGS: NA PREP TIME: NA COOK TIME: NA

INGREDIENTS

1 medium sized russet potato,
peeled and chopped into chunks.

Enough water to cover potatoes.

1 liter size mason jar.

PRO TIP

This can be made in advance and stored in the fridge for when you are ready to use.

You can store any leftover liquids in the fridge and store for up to 2 months.

DIRECTIONS

01. Add the potatoes into a large pot. Cover with enough filtered water to make sure the potatoes are fully covered. Boil for 30-45 mins or until potatoes are completely soft in the center.

02. Once done, pour the cooking water into a large bowl and let cool. Mash the potatoes with a fork until completely mashed. Let those cool as well.

03. Place the mashed potatoes in a liter size jar and cover with the cooled potato water all the way to the top. If you need to add in more water, that is ok just make sure it is filtered.

04. Set jar on the counter uncovered for 24-36 hours. At the end of that time, you should start to see bubbles on top. Cap the jar, shake very well, open the jar and set on the counter for another 24-36 hours. By the end of this time you should see more bubbles. At that point, you are ready to bake with it.

05. The potato liquid becomes your yeast starter. If a recipe calls for a liquid, use this potato water in place of any milk or water and skip the yeast called for.

06. It is important to note that a wild yeast like this will take a 2-3 hours longer to rise so be patient.

CHOCOLATE SPREAD

For all the Nutella lovers out there, here is a homemade version that is easy to make and a bit healthier too!

SERVINGS: 8 PREP TIME: 10-30 MINUTES BAKE TIME: NA

INGREDIENTS

1 1/2 cup hazelnuts
1 Tbsp coconut oil
3 Tbsp maple syrup
4 Tbsp unsweetened cocoa
1/2 Cup plant based milk
*May need a little bit more for more spreadable
Tiny pinch of salt

DIRECTIONS

- 01.** Roast hazelnuts at 300 degrees f. for about 15 minutes. Let them cool slightly and rub them in your hands or in a clean cloth to remove the skins.
- 02.** Place warm skinned hazelnuts in the food processor. Blend. It's important to use freshly roasted hazelnuts (or just warm up already roasted ones) – your butter will be done in under 5 minutes.
- 03.** You will probably need to stop the blending once or twice to scrape from the sides but pretty quickly you should have smooth nut butter. **Make the chocolate:** melt the coconut oil, add cocoa, small pinch of salt, maple syrup and milk – keep stirring until smooth.
- 04.** Add chocolate sauce into blender. Keep blending until you get a smooth spread. Add more milk or syrup to your liking. Transfer into a jar. Stores for up to 7 days in the fridge.

HOMEMADE NUT BUTTER

Use any kind of nut or seed combo and follow the directions below.

SERVINGS: 8 PREP TIME: 30 MINUTES BAKE TIME: NA

INGREDIENTS

1 12 oz. pkg of raw nuts of your choice (cashews, peanuts, pecans, or a mix.)
A lg. pinch of salt

DIRECTIONS

- 01.** Lay the nuts in a single layer on a parchment lined baking sheet. Bake at 225 degrees f. for 30 minutes, stirring halfway through. Careful not to burn. Remove nuts from oven and let slightly cool.
- 02.** Combine nuts and salt or any other additions (like cinnamon or nutmeg) and blend in food processor until smooth. If necessary, scrape down the edges from time to time to help get all the pieces. Store in an airtight container in the fridge for up to a month.

QUICK SWAPS

01 - Baking powder

5 tbsp baking soda
10 tbsp cream of tartar

Mix together and store in an airtight container.



02 - Flax eggs (baking without eggs)

1 Tbsp ground flaxseed
2.5 tbsp water

Mix together and let sit until a gel like consistency forms, about 5 minutes. That equals one egg.



03 - Looking to replace butter?

The following swaps are perfect for replacing butter when baking.

1/2 cup applesauce = 1/2 cup butter
1/2 cup coconut oil = 1/2 cup butter
1/4 cup olive oil = 1/2 cup butter
1/4 cup pumpkin puree = 1/2 cup butter



QUICK SWAPS

04 - Aquafaba as an egg replacer

Aquafaba is the liquid from a can of beans but usually chickpeas. Three tablespoons equals 1 egg.

Tip: Any leftover liquid can be frozen in ice cube trays.

02 - Make your own coconut milk

1 cup dried unsweetened shredded coconut
4 cups water

In a high speed blender, blend up the coconut until finely ground. Add in one cup of water and blend for one minute.

Add in 3 more cups of water and blend for 3 more minutes. If you have a cheese cloth, strain the liquid from the pulp.

Store in the fridge and drink within one week.

03 - Disinfecting wipes

1 paper towel roll, cut to fit a jar
2 cups distilled water
1 cup rubbing alcohol
1 Tbsp dish soap
3 drops tea tree oil (optional)

Grab a large jar with an airtight lid. Add in the cut paper towels. Mix together all ingredients and pour onto paper towels. Let soak for 2 minutes.



Final Words

If you enjoyed these simple swaps, be sure to join our free Facebook community. We share several ideas like these from time to time to help provide you with more ideas for easy swaps.

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