



FREE SNEAK PEEK OF

# Make Stuff

**CLEAN INGREDIENTS  
DON'T BUY THEM  
MAKE THEM**

*A Sneak Peek of MAKE STUFF, a  
Cookbook to Help You Save Money  
By Making Healthy Ingredients  
at Home*

**DEE DINE**

Hello!

Learn how to make homemade staple ingredients and save money while eating healthier. In this **teaser packet**, you get 4 recipes to make homemade:

### **1. Almond Butter (save \$8)**

Easy to make clean and without gums or bad oils with just 1 ingredient - almonds!

### **2. Oat Milk (Plain & Strawberry) (save \$5)**

Oat milk is popular and expensive, make yours without additives and gums.

### **3. Coffee Syrups (Cinnamon, Caramel, Pumpkin) (save \$5)**

Coffee shop syrups are loaded with sugar and preservatives. Homemade is healthier and cost pennies.

### **4. Dry Cocoa Mix (save \$3.50 per mug)**

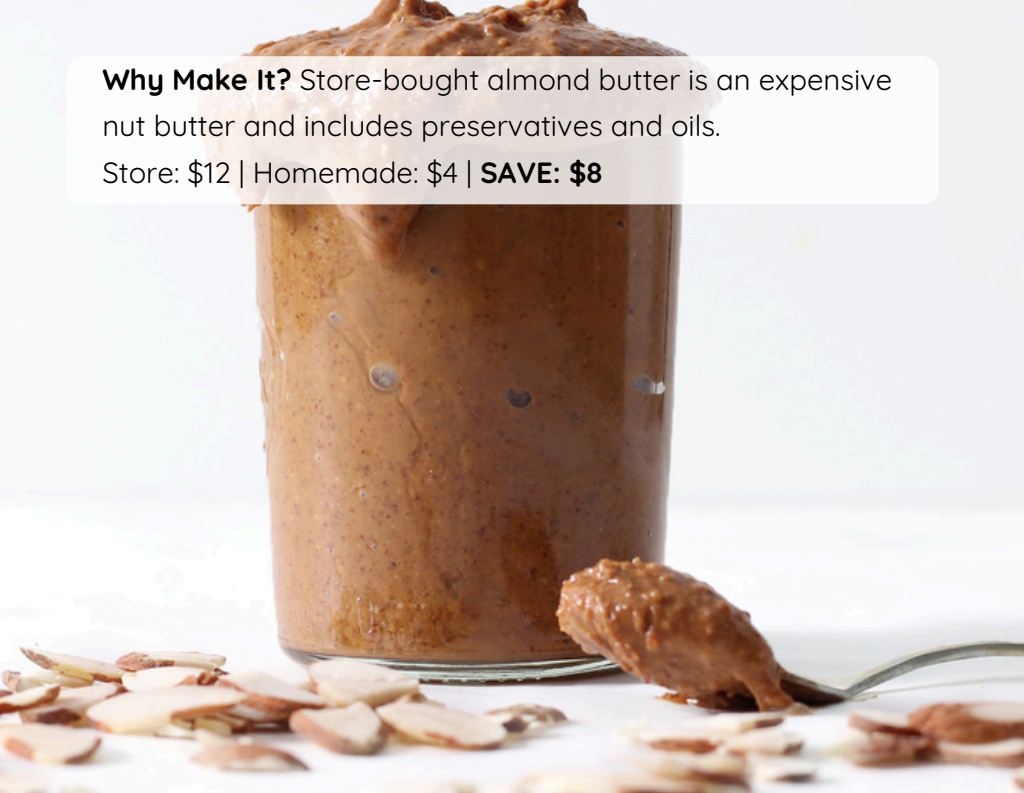
Cozy hot cocoa mix doesn't need processed powders - make your own, store and make clean cozy cocoa all winter!

If you love these free sneak peek recipes, get 16 more in my full eBook — including must-haves like **1-ingredient oat flour**, **RX protein bars**, **easy almond flour**, **homemade chocolate**, **granola**, **healthy cool whip** and more.

👉 Buy the full eBook here: [**MAKE STUFF eBook**]

Cheers!

Dee



**Why Make It?** Store-bought almond butter is an expensive nut butter and includes preservatives and oils.

Store: \$12 | Homemade: \$4 | **SAVE: \$8**

## Almond Butter

**2 cups** almonds (whole, unsalted, with skins)

1. **Spread** almonds on baking pan lined with parchment paper and roast **for 5 minutes at 350 F**. Don't burn.
2. **Pour** hot almonds into a blender, and process 1-2 minutes until the mixture is smooth.
3. **Optional**, add 1 tsp of salt, 1 tsp vanilla, and 1 tbsp or more of maple syrup to sweeten. Blend again, 15 seconds or more.

**Storage:** Room temperature for 1 week, or refrigerate for one month.

**Tips:** Can use roasted or unroasted almonds.

**Why Make It?** Store-bought oat milk is full of preservatives, gums and sugar. Homemade is cleaner and costs pennies.  
Store: \$6 | Homemade: \$1 | **SAVE: \$5**



## Oat Milk

**2 cups** rolled oats

**6 cups** water

**2 tbsp** lemon juice

**1 tbsp** vanilla extract or paste, **½ tsp** salt

1. **Rinse** rolled oats to remove phytates. Add ingredients to a blender. Blend for 1 minute.
2. **Pour** through a fine mesh strainer. Press with spoon.
3. **Optional**, add 1 tbsp or more of maple syrup to sweeten. Blend 15 seconds or stir or shake.

**Storage:** Refrigerate for 5 days.

**Make Strawberry Oat Milk:** Add 1 cup frozen strawberries to **½ of the strained milk** and blend 1 minute or more.

**Why Make It?** Coffee shop syrups are loaded with sugar and preservatives. Homemade is healthier and cost pennies.

Store: \$6 | Homemade: \$1 | **SAVE: \$5**



## Coffee Syrups

### Pumpkin, Cinnamon, Caramel

**Pumpkin:**  $\frac{1}{2}$  cup pumpkin puree, 2 tsp maple syrup, 1 tsp pumpkin spice.

**Cinnamon:** 3 tbsp cinnamon, 1 tbsp brown sugar, 2 tbsp maple syrup, pinch of salt.

**Caramel:** 3 tbsp date paste, 2 tbsp water, 1 tsp cinnamon, pinch of salt.

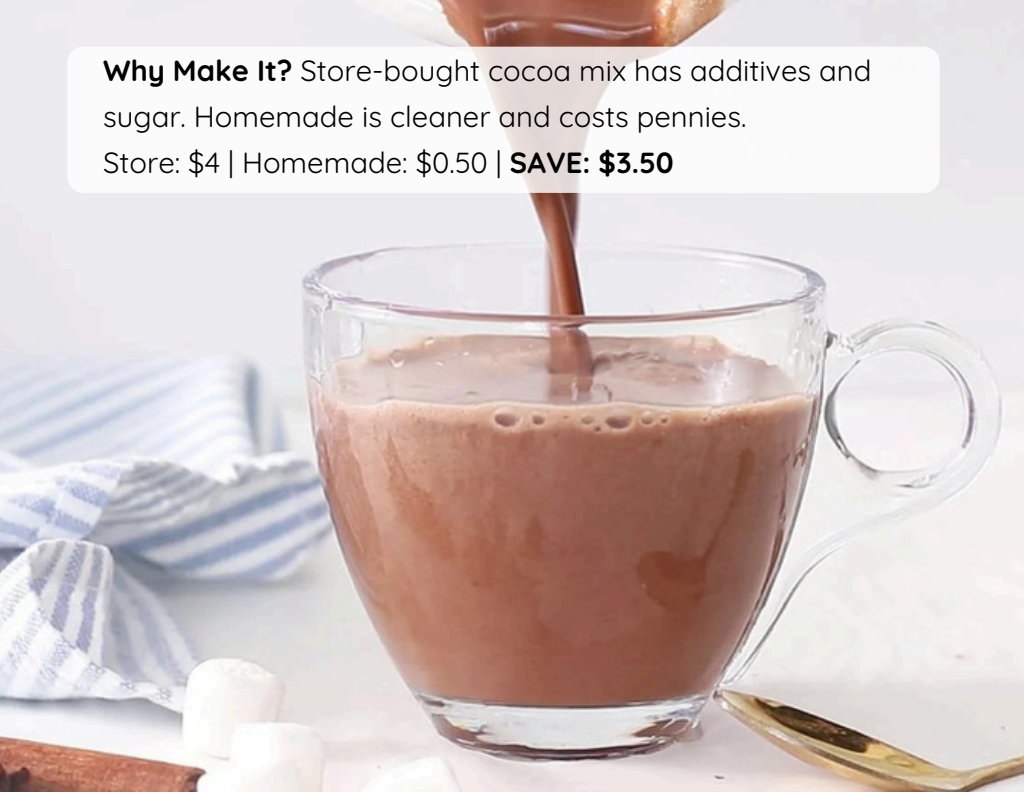
1. **Per** flavor, add ingredients to a mug, microwave in two 15-second intervals, stirring until combined.
2. **To** use in a coffee or cocoa, add  $\frac{1}{4}$  cup syrup to a mug, add the coffee and milk, top with **cold foam**.

**Storage:** Refrigerate for 2 days. Freeze in ice cube trays.



**Why Make It?** Store-bought cocoa mix has additives and sugar. Homemade is cleaner and costs pennies.

Store: \$4 | Homemade: \$0.50 | **SAVE: \$3.50**



## Dry Cocoa Mix

**1 cup** cocoa powder, unsweetened  
**1 cup** coconut sugar (or brown sugar)  
**2 tbsp** vanilla, powdered  
**1 tbsp** cinnamon, ground  
**1 tsp** salt

1. **Combine** ingredients in a clean, dry 16-ounce jar, like a spaghetti sauce jar.

**Storage:** Room temperature for 4 months.

**Powdered Mix Amount:** 3 cups, or 48 tbsp, makes 16 cups of cocoa.

**How to Make 1 Cup Hot Cocoa:** Into a mug, add **3 tbsp** mix and **1 cup** milk, stir or use frother. Microwave for 1 minute.



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