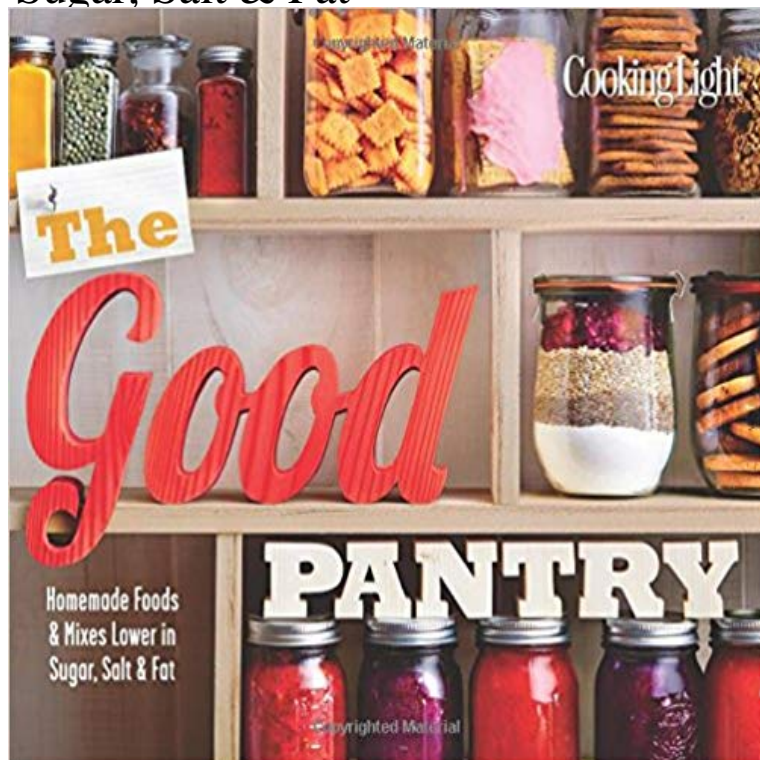


Cooking Light The Good Pantry: Homemade Foods & Mixes Lower in Sugar, Salt & Fat



Restock your pantry from scratch with Cooking Light's guide to healthy homemade staples. Filled with creative recipes and expert advice, The Good Pantry puts a DIY spin on kitchen basics, offering healthy alternatives to common store-bought products. Discover more than 140 ideas for great-tasting sauces and spreads, ready-made baking and cereal mixes, make-ahead doughs, crowd-pleasing snacks, and more. These re-crafted recipes replace the additives and preservatives found in packaged products with fresh ingredients and more whole grains, creating delicious and long-lasting items that you'll feel good enjoying. Each item comes with instructions for storage, and a variety of gluten-free, dairy-free, nut-free, and egg-free options are flagged for those with food allergies and restrictions. Home cooks of all levels will appreciate the wide-ranging variety of kitchen essentials included. And with a pantry full of appetizing ingredients, it's easy to whip up a tasty, good-for-you meal in minutes.

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