

# Basic Staples



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## [Hot Chocolate Mix with Cacao](#)

[Basic Staples](#), [Something Sweet](#)

# Hot Chocolate Mix with Cacao

The classic hot choloalate drink upgraded!

By [Carissa Bittner](#) | December 21st, 2018 | Categories: [Basic Staples](#), [Something Sweet](#) | Tags: [cacao](#), [chocolate](#), [cocoa](#), [drink](#) | [0 Comments](#)

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## [Nut and Seed Milks](#)

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# Nut and Seed Milks

Let's talk nut and/or seed milks for a moment.

For any of us that can't have dairy, or avoid it for whatever reason, an alternative is where it's at. Unfortunately any nut or seed milk you buy usually has a LONG list of ingredients (most of the ingredients one cannot pronounce) and the truth is they can contain very little actual [...]

By [Carissa Bittner](#) | October 24th, 2018 | Categories: [Basic Staples](#), [Recipes](#) | Tags: [almond milk](#), [cashew milk](#), [coconut milk](#), [mylk](#), [nut milk](#), [seed milk](#) | [0 Comments](#)  
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## [Dill Fridge Pickles](#)

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# Dill Fridge Pickles

Amazing dill pickle recipe without all the added sugar!

By [Carissa Bittner](#) | June 15th, 2016 | Categories: [Basic Staples](#), [Recipes](#) | Tags: [dill pickles](#), [fridge pickles](#) | [0 Comments](#)

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## [Roasted Red Pepper Curry Sauce](#)

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# Roasted Red Pepper Curry Sauce

This roasted red pepper curry sauce is beyond delightful. Light, flavourful with a slight kick.

By [Carissa Bittner](#) | May 16th, 2016 | Categories: [Basic Staples](#), [Recipes](#) | Tags: [curry sauce](#), [roasted red pepper](#), [sauce](#) | [0 Comments](#)

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## [Fermented Salsa](#)

[Basic Staples](#), [Fermented Foods](#), [Recipes](#), [Small Bites & Snacks](#)

# Fermented Salsa

This fermented salsa recipe will have you loving salsa even more than you already do!

By [Carissa Bittner](#) | May 6th, 2016 | Categories: [Basic Staples](#), [Fermented Foods](#), [Recipes](#), [Small Bites & Snacks](#) | Tags: [fermented salsa](#) | [0 Comments](#)

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## [Almond Miso Dressing](#)

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# Almond Miso Dressing

This almond miso dressing will add the perfect kick to any salad or wrap.

By [Carissa Bittner](#) | April 12th, 2016 | Categories: [Basic Staples](#), [Recipes](#) | Tags: [almond](#), [dip](#), [dressing](#), [miso](#) | [0 Comments](#)

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## [Coconut Sugar Syrup](#)

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# Coconut Sugar Syrup

Coconut sugar syrup is a wonderful substitution for any liquid sweeter or syrup.

By [Carissa Bittner](#) | April 8th, 2016 | Categories: [Basic Staples](#), [Recipes](#) | Tags: [coconut sugar](#), [syrup](#) | [0 Comments](#)

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## [Lemon Poppy Seed Dressing](#)

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# Lemon Poppy Seed Dressing

This lemon poppy seed dressing will make any salad taste amazing and fulfilling.

By [Carissa Bittner](#) | March 5th, 2016 | Categories: [Basic Staples](#), [Recipes](#) | Tags: [lemon](#), [salad dressing](#) | [0 Comments](#)

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## [Dairy-Free Coffee Creamers](#)

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# Dairy-Free Coffee Creamers

Check out these excellent alternatives for those horrible sweetened coffee creamers.

By [Carissa Bittner](#) | September 19th, 2015 | Categories: [Basic Staples](#), [Recipes](#) | Tags: [dairy-free coffee creamer](#), [sweet coffee creamer](#) | [0 Comments](#)

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## [Cashew Sour Cream](#)

[Basic Staples](#), [Recipes](#)

# Cashew Sour Cream

This cashew sour cream recipe will have you stunned. It's so delicious and can be used anywhere you use traditional sour cream.

By [Carissa Bittner](#) | September 16th, 2015 | Categories: [Basic Staples](#), [Recipes](#) | Tags: [dairy-free](#), [sour cream](#) | [0 Comments](#)

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