

Little Jars of Kitchen Wisdom

SIMPLE PREP RITUALS FOR EASIER, NOURISHING MEALS

1. Ground Seed Jar

Blitz a mix of seeds and keep in a small jar in the fridge. Lovely stirred into yoghurt, porridge, soups, salads or smoothies.

Suggested mix:

- Pumpkin seeds
- Sunflower seeds
- Chia seeds
- Flaxseed
- Sesame seeds



2. Lemon Peel Powder

Wash lemons well, dry the skins fully in sunlight or a very low oven, then grind into a fragrant powder.

The flavour is beautifully strong, so a little goes a long way.

Use in:

- Yoghurt
- Dressings
- Marinades
- Baking
- Roasted vegetables
- Herbal teas



3. Herb Cubes

Blitz a mix of fresh herbs, spoon into an ice cube tray, cover with olive oil and freeze. Drop a cube into soups, stews, sauces, beans, chicken, fish or roasted vegetables.

Good herbs:

Parsley, basil, mint, dill, coriander, thyme, rosemary. Use a different mix for different flavours.



4. House Dressing Jar

Make one simple dressing and keep it in the fridge so salads, beans, lentils and roasted veg are instantly more interesting.

Basic mix:

- Olive oil
- Lemon juice or apple cider vinegar
- Mustard
- Sea salt
- Black pepper
- Optional honey



Make once. Use often.
Let the kitchen support you back.