**ZERO WASTE TIPS**

- Try not to feel confined to recipes or a strict plan.
- Learn a couple basic base recipes and give yourself permission to use what you have on hand.
- Keep a compost bowl near you while you cook so that odds and ends make their way to the compost pile and not the waste basket.
- If you have clean odds and ends- such as tops of carrots, or bottoms of lettuce and broccoli you can collect these throughout the week in a separate container to juice later.
- If you have an abundance of something - juicing is a great technique as it takes an abundance of fruits and veggies to make a modest amount of nutrient-dense, fiber-free juice.
- Don't like drinking straight-up juice? Use your juice to make a dressing, soup, or smoothie.

**juice**

2 Small Organic Apples

3 medium sized carrots + tops

Ginger, peeled (3 knuckles)

1-2 winter squash - any variety

3 stalks celery, or celery tops and ends

**smoothie**

1 frozen banana
2 tbs yogurt
1 teaspoon local honey
1/4 cup coconut milk
1/4 cup juice
2 ice cubes

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Place in blender
Blend until smooth
Pour and enjoy

**dressing**

2 tbs mirin
1/4 cup apple cider vinegar
3/4 cup avocado oil
2 tbs sweet chili sauce
1/4 cup juice
salt and pepper

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Combine all ingredients
Using blender or emersion wand blend all ingredients until liquid becomes uniformly thick.

**soup**

1 medium onion, diced
1/2 cooked potato, diced
1.5 cup vegetable stock
1.5 cup juice
1 cup coconut milk
2 tbs avocado oil
salt and pepper, to taste

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In medium sauce pot, heat oil, add onions. Sweat onions for 8 min.
Add all other ingredients Bring to boil, simmer for 10 minutes and blend.