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

**Instructions:**
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

**Instructions:**
Combine all ingredients
Using blender or immersion 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

**Instructions:**
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.