

5 SIMPLE SCRATCH COOKING HACKS FOR THE BUSY HOMEMAKER



1. Greek Yogurt

- a. Two methods of straining
 - i. _____
 - ii. _____
- b. Pricing
 - i. One gallon of milk → \$2.99
 - ii. One gallon of milk = 2 quarts Greek yogurt
 - iii. 2 quarts of Greek yogurt in the store → \$7.56
- c. Strain for _____ hours
- d. Uses for the leftover whey

2. Buttermilk

- a. Buttermilk is the milk left after turning cream to butter
- b. You can make your own buttermilk with any milk, even non-dairy
- c. Reason for buttermilk in baking? Acid in buttermilk reacts with the _____ and lets things rise
- d. Recipe: 1 tbsp _____ or _____ + 1 cup _____ and let stand 5-10 minutes.
- e. Kefir is also a perfect buttermilk substitute ([Kefir tutorial here](#))

3. Taco Seasoning

- a. Avoid MSG and other fillers
- b. Make in bulk and use as needed. Recipe attached.
- c. Check Pinterest for other spice mixes you can make: Pumpkin Pie Spice, Seasoned Salt, etc.

4. Powdered Sugar

- a. Demo
- b. One cup sugar = _____ powdered sugar
- c. Make as needed with any sugar

5. Shredded Cheese

- a. Pre-shredded cheese is coated with _____ to keep it from sticking together
- b. Shredding your own produces more volume
- c. Grater or _____