35 Things You Should Be Making, Not Buying

Sure, you can go to the store and buy pretty much everything. Convenience is a great thing, but often when it comes to processed food, cleaning/laundry and health/beauty products, this convenience comes at a cost, and I am not just talking about the financial cost, I am also talking about the health cost...

Let’s take bread (click for loads of great bread recipes) as an example - to make it at home you need 4 things - flour, water, butter and salt. Next time you are at the store, check out the ingredients list on the packaged breads. Some of them have 20+ ingredients! Still not convinced, since we have bread and peanut butter in the photo, how about if I told you you can make homemade organic peanut butter for less than the cost of the processed, non-organic stuff you get from the store without all the additives and preservatives? Check out the list of 35 things you could be making, rather than buying. I think you may be surprised how cheap, easy (and way more healthy!) many of these things are to make.

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(Image from: Homemade Home Ideas)