



31 Days of MOO

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31 Days of MOO

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## MOO NO. 1 - CHOCOLATE SYRUP

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If you love chocolate milk or delicious, frothy mochachinos, you'll love this chocolate syrup. It blends into hot or cold milk without lumping and is the perfect syrup for MOO mochachinos - don't spend \$11 on a bottle of mocha syrup from the coffee shop.

### MOO Chocolate Syrup

#### Ingredients:

3 cups water  
3 cups sugar  
125g unsweetened chocolate (cooking chocolate)  
1 tsp salt  
1 tbsp vanilla

#### Method:

Combine the water and sugar in a medium saucepan. Stir over a medium heat until the sugar has dissolved and the mixture starts to bubble. It is important to make sure all the sugar has dissolved or you'll end up with a grainy, dull syrup. Remove from the heat and stir in the chocolate, salt and vanilla. The mixture will look lumpy and the chocolate will seem to hang in clumps. Don't panic! Get a stick blender or a strong whisk and blend until it is smooth and will coat the back of a spoon. Pour into hot, sterilised jars or bottles and seal. Makes 1 litre plus a little extra. Keep in the fridge and use within two weeks after opening.

I use milk chocolate to make this syrup, the original recipe I had used dark chocolate. It works either way. Of course the milk chocolate makes a lighter coloured syrup and therefore lighter milkshakes, but it tastes just as good.



## MOO NO. 2 - NEWSPAPER SEED POTS

---

It's time to start seeds for your winter garden and that means getting the seeds out and planting those tiny food sources. Seed starting doesn't have to mean rushing out and buying peat pots or spending time scrubbing and sterilizing saved plastic pots however.

MOO your starter pots, it's easy to do and costs you nothing - you're recycling the newspapers, turning them into something useful that will eventually nourish the soil and give back to you and the earth. You'll be getting the cost of that newspaper back many, many times when you use it like this.

#### You will need:

Newspapers (don't use shiny, colour printed pages)



A straight sided drinking glass  
Scissors  
Soil or potting mix or seed starter  
Seeds

### **Step 1.**

Open the newspaper out flat. Lie the glass on the long edge of the newspaper and use it as a guide to see how deep the strip of paper needs to be and where you should cut the newspaper. I cut through the entire paper, it saves time and is less fiddly than trying to do a page at a time.

Repeat until you've used the entire paper.

### **Step 2.**

Take two strips of paper (this makes a sturdier pot).

Place your glass on the newspaper and leave about 3cm hanging off the end. Roll the glass along the newspaper until it's loosely wrapped all the way around. (Loose being key for easy removal of the glass later.)

### **Step 3.**

Using your fingers, fold the excess paper towards bottom of glass, pressing down and creasing firmly. It doesn't have to be perfect, just fold and crease all the way around. If there is a small hole in the centre don't worry, it will just help with drainage.

Turn the glass over and press down firmly, just to really crease the edges against the bottom of the glass.

### **Step 4.**

Don't worry if it looks flimsy or unstable, once you fill it with seed starter, soil or potting mix it will be just fine, this is what makes the pot steady. Once the pots are filled and watered they are surprisingly sturdy and hold their shape very well

Recycled newspaper pots can be transplanted straight into the garden. The newspaper will decompose naturally in the soil. If you'd rather not plant the pot so to speak, carefully unwrap the seedling. As you're not tipping it out of a plastic pot you won't disturb the young roots and plant stress will be minimal. Then just toss the newspaper into the compost bin or use it as bedding in your worm farm.

### **Tips**

Use spice jars or small tins (180g size, think tomato paste, passionfruit pulp etc.) for smaller pots, and larger tins for larger pots. If you use larger tins (500g coffee tins for example) use at least six layers of newspaper so they are strong enough to hold the soil.

Once you get a routine going you can make dozens of these little pots in no time at all, it's a great activity to do while watching TV, or to keep the kids busy on a "boring" day.

Grouping the pots together in a tray or a recycled blanket bag mini greenhouse will give them extra stability and create a micro environment they'll thrive in.

Mist them daily (watering is too heavy for seedlings) so they don't dry out and watch your seeds sprout and grow.

## MOO NO. 3 RE-USABLE FACE WIPES

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Make-up wipes, just like baby wipes, are expensive. And just like baby wipes they often contain ingredients we really don't want to use, let alone on our faces.

Make-up removing face wipes have been around for ages, but all the instructions use paper towel as the wipe. Paper towel isn't soft on your face, in fact it's quite harsh. It's also expensive (the cheap paper towel just does not work for these wipes). Lastly, it's not at all environmentally friendly or really a sustainable product.

But these wipes are re-usable. They're cheap to make. They're easy to make. And best of all they cost just a few cents a batch to make.

How much do you spend on face wipes each month? I bet it's more than 45 cents.

### **You will need:**

A 1 litre square or rectangular container with a lid

Hankies or soft face washers to use as wipes

4 pumps of your favourite face wash

2 tablespoons coconut oil

4 cups warm water



### **Step 1.**

Add four cups of warm water to a mixing bowl. Add four pumps of face wash.

### **Step 2.**

Stir in two tablespoons of coconut oil. Stir until the coconut oil is dissolved.

### **Step 3.**

Fold the wipes to fit the container.

### **Step 4.**

Pour the face wash liquid into the container, soaking the wipes.

Press down on the wipes so they are all under the face wash liquid and can soak it up.

Put the cover on the container.

Use these wipes to remove make-up, including eye make-up, or to just gently clean your face. Once you've used a wipe toss it in the wash, then when it's clean, add it to the container to keep your supply up.

Want wipes on the go? Add a few to a clean ziplock bag, they'll stay fresh for at least a week.

Warning: Never put a used wipe back into the container!



## MOO NO 4. MOO FISH FINGERS

---

A childhood favourite, fish fingers go down well. Unfortunately the fish fingers available in the supermarket freezer cabinet are not all that great when you want your family to eat the very best of real food.

The easy solution is to just not have fish fingers, but that's no fun. The next easiest solution is to MOO them. Yes, you can MOO fish fingers, and they are good, frugal, quick and easy. And the kids, old and young alike, will love them.

### MOO Fish Fingers

#### Ingredients:

250g white fish fillets  
1/2 cup breadcrumbs (MOO or bought)  
1/2 tsp salt  
1/2 tsp paprika  
1 large egg  
Salt and pepper for seasoning



#### Method:

Line a baking sheet with baking paper. On a shallow plate combine the bread crumbs, paprika and salt. In a small bowl, beat the egg with a fork. Set the two dishes aside. Cut the fish into finger shapes, about 5cm long. Season with salt and pepper to taste. Dredge the fish in the egg and then toss in the bread crumb mixture. Transfer the fish to the prepared baking sheet and refrigerate 30 minutes (this sets the crumbs). Pre-heat oven to 200 degrees Celsius. Before baking lightly coat the fish fingers with cooking spray. Bake in the pre-heated oven for 8-10 minutes or until the crumbs are lightly browned and the fish is firm to the touch.

Serve hot from the oven with MOO wedges and salad with a nice dollop of tartare sauce on the side.

## MOO NO. 5 - MOO WHOLEGRAIN HONEY MUSTARD

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Personally I'm a pickle kinda girl, but the male members of our household are mustard guys through and through. They love mustard on meat. They have it on sandwiches. They use it as a dip for cheese sticks. They just plain enjoy it.

They enjoy it so much that a couple of years ago I started MOOing mustard. According to the fellas it's good enough to give away, so that's what I did last year for Christmas. I made little pots of wholegrain honey mustard to add to the hampers I made up and they went down a treat.

Mustard is another one of those things we automatically buy instead of MOO, but there's really no reason to buy it. It's so easy to make and so much nicer than bought mustard, cross it off your shopping list right now and start MOOing it.

### **Wholegrain Honey Mustard**

Ingredients:

1/4 cup mustard powder (yellow, I use Keens)

1/4 cup mustard seeds (yellow)

1/2 tsp of turmeric

1/2 tsp garlic powder

2 tsp brown sugar

3 tbsp sesame oil

2 tbsp honey

1/2 cup apple cider vinegar

1/2 cup water

#### **Step 1.**

Combine dry ingredients together in a small saucepan.

#### **Step 2.**

Add the oil, water, vinegar and honey. Whisk together until the sugar and honey have dissolved.

#### **Step 3.**

Bring it to a boil and turn it down. Keep it at a low simmer for 15 minutes, whisking occasionally and watching it doesn't burn on the bottom.

#### **Step 4.**

The mixture will thicken to a prepared mustard consistency as it cooks and thicken a little more to spreading consistency when it cools.

#### **Step 5.**

Remove from heat. Pour into hot, sterilized mustard pots and seal. Store in the fridge after opening.

Note: If you prefer a smooth mustard grind the whole mustard seeds to a powder and use half a cup of powdered mustard in total.

Yellow mustard seeds are milder in flavour than a black mustard seed. If you like a hot, spicy mustard use black mustard seeds instead of yellow.

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## **MOO NO. 6 - MOO FEBREEZE**

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There are times when even the cleanest home (or car or office or cupboard) gets a little funky smelling. It might be because it's been closed up for a while or pets are in and out or there are littlies creating messes or even a pot of burnt potatoes. There are plenty of reasons for your

home to sometimes need a little "freshness" boost. When you can't open the doors and windows wide or do a thorough clean, freshening sprays come in handy.

They can be sprayed on furnishings, carpeting, window dressings, lamp shades, cushions etc. to eliminate funky odours and leave a fresh scent instead. They are also expensive, not particularly good for us or the environment and somehow always manage to smell fake.

You can make your own Febreze style freshener for under \$1.

**You will need:**

a small spray bottle  
1/2 cup rubbing (Isopropyl) alcohol (or vodka)  
30 - 50 drops essential oil/s  
1 cup water

**Step 1.**

Fill the spray bottle with 1 cup water and 1/2 cup rubbing alcohol or vodka.

**Step 2.**

Add the essential oils. Start with 30 drops and add more if you would like a stronger scent. You can also mix oils to create custom scents.

**To use:** Using the mist setting on the spray bottle lightly mist over the item you want to freshen and deodorise.

**Note:** You will be able to smell the alcohol, but only for a minute or so until it dries. After that you'll be able to smell your custom febreze.

Test the spray on an inconspicuous spot before spraying on furnishings to make sure it won't stain or mark the item.

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## MOO NO. 7 - TWO EASY WAYS TO MOO BUTTERMILK

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Buttermilk is an ingredient in so many recipes, particularly baking and dressings. It's also one of those ingredients that isn't on the regular shopping list and can blow the food budget if you have to buy it.

You don't. It's another item you can cross off the list if you already have milk (fresh or powdered), vinegar and/or lemons on the list.

Buttermilk is so easy to MOO, even easier than it is to MOO yoghurt, that I make it all the time to use in baking. MOO buttermilk can be made with fresh milk or milk that has gone sour. It literally takes me two minutes to throw it



together, let it sit overnight and then in the morning I have fresh buttermilk for pancakes (buttermilk makes the lightest pancakes).

I use homemade buttermilk for:

- pancakes
- cakes
- breads
- rolls
- scones
- marinating meat and chicken
- buttermilk dressing

### **MOO Buttermilk No. 1**

This is great for when you need a small quantity of buttermilk for pancakes or marinating. It's not true cultured buttermilk but it does just as good a job for a fraction of the price.

#### **Ingredients:**

1 cup milk (fresh or made from powdered milk)  
1 tsp white vinegar or lemon juice

#### **Method:**

Stir the vinegar into the cup of milk. Let the milk sit for 10 minutes to curdle, it's ready to use.

### **MOO Buttermilk No. 2**

Just like MOOing yoghurt, you need a cultured starter. For this MOO buttermilk you'll need to buy cultured buttermilk (available in the milk cabinet at your supermarket). Freeze what's left of the starter to use to make more.

#### **Ingredients:**

3-1/2 cups milk  
1/2 cup cultured buttermilk, at room temperature

#### **Method:**

Mix ingredients in a sterilised jar and cover with a tea towel (don't put a lid on it, it needs a little air to work). Let the mixture sit in warm spot for 24 hours (the top of the fridge is good for this, or a sunny windowsill). After 24 hours you'll have a fresh batch of buttermilk, ready to use.  
Makes 1 litre.

#### **Notes:**

This buttermilk can be frozen.

Remember to keep 1/2 a cup to start the next batch.

You can use any milk, fresh or powdered, full cream or skim, even soured milk. Full cream works better than skim, but it will still work.

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## MOO NO. 8 - MOO PANCAKES

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Pancakes are versatile no matter how you serve them, and you can cross pancake mix off your shopping list, it's far too easy to MOO and costs much less than any pancake mix you can buy.

This recipe makes the most delicious pancakes you've ever eaten. Drizzle some MOO pancake syrup over them or dress them up with fresh chopped fruit and ice cream for dessert (try the [Yummiest Homemade Ice-cream Ever](#)).

### MOO Dessert Pancakes

#### Ingredients:

2 and 3/4 cups SR flour  
4 tbsp brown sugar  
1/4 cup milk powder  
2 eggs  
2-1/2 cups water  
1 tbsp oil  
1-1/2 tbsp vanilla extract  
1-1/2 tbsp almond extract

#### Method:

In large bowl mix flour, brown sugar and milk powder. In small bowl whip eggs, add water, vanilla and almond extracts and oil then add to flour mixture. Beat until smooth. Cook in a buttered fry pan until golden brown.

#### Notes:

To make the mix ahead of time combine all the dry ingredients in a ziplock bag. Write the wet ingredients and quantities on the bag in permanent marker.

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## MOO NO. 9 - SUPER STRENGTH VINEGAR CLEANING SPRAY

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We all know that ordinary white vinegar is a powerful household cleaner, but sometimes we need a super strength cleaner, one that not only cleans but disinfects as well. There may be sickness in the house, baby may have started crawling or toddling, there may be pets in and out or a hundred other reasons.

This is the vinegar to use when you need super cleaning and disinfecting power.

#### You will need:

2 litre wide-mouth jar  
Lemon rinds to half fill the jar  
¼ cup of whole cloves  
5 cinnamon sticks, broken up  
¼ cup of lavender blossoms or 5 sprigs of lavender  
2 tbsp of dried rosemary  
1.5 litres white vinegar

**Step 1.**

Put the lemon rinds in the jar, packing them down gently.

**Step 2.**

Add the cloves, cinnamon sticks, lavender and rosemary.

**Step 3.**

Fill the jar with vinegar, being careful to remove the air bubbles (a skewer or chopstick is good for this). Leave a 2cm headspace in the jar, the spices will swell as they absorb the vinegar.

**Step 4.**

Place the jar on a sunny windowsill or in a warm spot (the top of the fridge is a great spot). Cover with a paper towel. Let the vinegar steep for four weeks. Shake the jar once a week to stir things up. Over the four weeks the vinegar will turn a dark brown colour and the spices will swell - this is normal.

**Step 5.**

To use the vinegar, strain the solids (compost them). Pour into a clean 1 litre spray bottle. Spray directly onto the surfaces you want to disinfect and clean - benchtops, basins, cooktops, fridges, highchairs, tables etc. - and wipe clean. Do not rinse off. Let the item dry naturally.

**Notes:**

This cleaner is an excellent way to use up older spices when you are ready to replenish them (herbs and spices typically have an opened shelf life of six months). If you need to buy fresh spices for this recipe source them from a bulk or wholefoods supplier, Indian or Asian grocer for the best price.

Save lemon rinds when you juice lemons, keep them in the freezer until you have enough to use. You want the complete rind, it's the oils in the skin that you want for your cleaning vinegar.

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## MOO NO. 10 - FRUIT LEATHERS

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We have an apple tree. It's a very old tree and I love it. I love it's shape. I love the way it shades the front of the house in summer. I love the way it lets the sun shine through it's bare branches in winter. But most of all I love the apples it produces every year. Buckets and buckets and buckets of them.

Those apples are small, just right for a quick snack. They make amazing pies. They make delicious stewed apple. They make great applesauce. And they make delicious fruit leathers.

For a treat now and then when our kids were younger I used to buy Roll Ups. They loved the sweet treat. I hated the price. And then I discovered that fruit leathers are one of the easiest treats to make and I shook my head in disbelief and disgust at the amount of money I'd wasted over the years.

You can make fruit leathers too. You don't need any special equipment, although a dehydrator makes it a little easier. You can use your oven and baking sheets and the result is just as good. I'm going to give you the instructions for making fruit leathers in your oven (if you have a dehydrator follow the instructions for your unit).

**You will need:**

Applesauce (or peach, or pear or apricot or nectarine or your favourite combination)  
Baking sheets  
Baking paper

**Step 1.**

Pre-heat your oven to 80 degrees Celsius (or as low as it will go). This is important - don't skip this step for the sake of 10 minutes of electricity or gas. The oven needs to be at temperature when you put the fruit leather in to start the drying process straight away.

**Step 2.**

Line your baking sheet with the baking paper. I like to overlap the ends by a couple of centimetres, it makes lifting the paper off the tray a little easier.

**Step 3.**

Pour your applesauce in a thin layer (about 3mm) over the baking paper. Spread it evenly over the entire baking tray. Make sure there are no bubbles. I drop the baking sheet on the bench a couple of times to make sure (don't drop it from a height, it will splash, just a couple of centimetres will do the job).

**Step 4.**

Put the baking sheets into the oven. Prop the oven door open with a wooden spoon. Rotate the trays every few hours so the fruit dries evenly.

Your fruit leather will take between 10 - 20 hours to dry depending on your oven, the weather and of course the moisture content of the fruit. The leather is done when it is still sticky and pliable but not wet to the touch.

**Step 5.**

Cool on the trays then slice or cut with scissors (easiest) into strips. Roll them up (for roll-ups) or leave them in strips. Store in airtight containers in a cool, dark cupboard.

## MOO NO. 11 - CREAM PUFFS

---

Tom's favourite treat is a profiterole. He loves the custard filling and the chocolate icing. But have you seen the price of them lately? Even in the supermarket bakery they are expensive - a container of eight is around \$5!

Profiteroles and cream puffs are made from a choux pastry base. And it is one of the simplest pastries to make. Really.

Here is the recipe, try it. It really is easy. And frugal, \$1.50 for 10 large pastries!

### Profiteroles

#### Ingredients:

1 cup water  
125g butter  
1 cup plain flour  
4 eggs

#### Method:

Preheat oven to 220 degrees Celsius. Line a large baking sheet with baking paper. In a medium saucepan combine the water and butter.

Bring to a boil and add the flour all at once, stirring vigorously with a wooden spoon. Cook, stirring constantly, until the mixture forms a ball of dough that pulls away from the sides of the saucepan and doesn't fall apart. Cool 10 minutes. Add eggs one at a time, beating well after each addition. Using a tablespoon, drop pastry onto prepared baking sheet. Bake for 20 to 25 minutes until they are firm and golden brown. Remove from the oven and cut small slit in side to let steam out. Let cool.

When the puffs are cool, fill with cold custard by putting custard into a piping bag and gently forcing into the top of the puff. Drizzle with melted chocolate.



## MOO NO. 12 - LEMON PEPPER

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Lemon pepper is a great seasoning. It goes equally as well on steak, chops and roast beef as it does on chicken. It's another one of those grocery items we've been brainwashed into thinking we couldn't possibly make ourselves, it has to be bought.

It doesn't. You can make it at home, in your very own kitchen, for less than half the price of the bought product. And it's much, much nicer (and certainly fresher!).

#### You will need:

6 tbsp whole black peppercorns



1 tbsp dried lemon zest

**Step 1.**

Grind the peppercorns with a mortar and pestle, in a food processor or with a stick blender.

**Step 2.**

Stir through the dried lemon zest.

That's it. Store it in a spice jar in a cool, dark cupboard.

You can adjust the ratio of pepper to zest to suit your personal taste.

You can also add salt. Use a 50:50 ratio of salt to pepper i.e. for this recipe use 6 tablespoons of peppercorns and 3 tablespoons of salt.

To dry the lemon zest spread it in a very thin layer on a baking tray lined with baking paper. Pre-heat the oven to 80 degrees Celsius (or as low as it goes). Put the tray into the pre-heated oven, prop the door open with a wooden spoon and dry until the zest is completely dry and crumbly - about 15 minutes. If you have a dehydrator, use the setting recommended for spices in the instruction manual.

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## MOO NO. 13 - VEGGIE WASH

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Are you aware that it is recommended that all fruits and vegetables, even the ones we peel, should be scrubbed under running water to clean them of dirt, bugs, pesticides and waxes?

Washing under running water is a waste of water. Instead this Veggie Spray will clean them safely and cheaply, without wasting water.

**You will need:**

1 cup water  
1 cup white vinegar  
1 tbsp bicarbonate soda  
Juice of 1/2 lemon

**Step 1.**

Combine all ingredients in a tall jug or very deep bowl. The mixture will fizz and froth - remember mixing bicarb and vinegar to make volcanoes as a child?

**Step 2.**

When the mixture has settled down, pour into a spray bottle. Shake well before each use.

**To use:** Spray fruit and veggies all over with spray. Let sit 2 minutes. Rinse in clean water.

The lemon acts as an antibacterial, the vinegar kills bacteria and helps to dissolve the wax and pesticide residues found on the skins of many fruits and vegetables.

## MOO NO. 14 - ALFREDO PASTA AND SAUCE

---

Pasta and sauce is such a convenience food. You just add the contents of the packet to a pot of boiling water and/or milk and let it simmer for 12 - 15 minutes. And you have a tasty side dish.

Doesn't matter that the tasty side dish is way over-priced, or that it has no real food (perhaps the pasta?) in it. It is quick, and easy and just about everyone loves it, and the variety of flavours.

I've been making the Curry Pasta and Sauce for years. In 2007 I did a breakdown of the ingredients on the packet of Continental Curried Chicken Pasta and Sauce and decided it was much easier, tastier, healthier and cheaper to MOO it. And it has been MOOed ever since.

But we have a certain young lady in the family who doesn't like spicy food, including curried anything. She prefers plainer, milder flavours and adores the Alfredo style, so, to keep her happy, I went through the ingredients on the packet and came up with this version. It isn't identical. It is better. And healthier. And a whole lot cheaper.

### Alfredo Pasta and Sauce Mix

#### Ingredients:

250g pasta (fettuccini, twists, macaroni)  
2 tbsp plain flour  
2 tbsp instant milk powder (skim or full cream)  
1/2 tsp basil  
1 tsp lemon pepper  
1/2 tsp garlic powder  
1 tsp salt  
1/2 cup parmesan cheese (the dried parmesan in the packet, not fresh)

To make the mix put all ingredients into a ziplock bag. Seal. Shake to mix well.

To prepare the pasta: Bring 2 cups water to a boil in a large saucepan. Add the Alfredo mix to 2 cups milk. Whisk together. Pour into boiling water. Stir to combine. Reduce heat to a simmer. Cook for 15 minutes or until pasta is tender. Remove from heat and allow to cool 5 minutes before serving. Sauce thickens on standing.

## MOO 15 - EASY SEMI-DRIED TOMATOES

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It may be autumn but my tomato bushes are still producing fruit and flowers. Last year I was still picking tomatoes in July, and it looks like I could be doing the same thing this year. There are only so many fresh tomatoes a family can eat in a week. And when the harvest slows, as it will, making sauce isn't feasible (and the freezer is already stacked with enough for a year).

Wasting them isn't an option. When you take the time and energy to grow your own food you value it too much to just compost it.

So what to do with the late tomatoes? Turn them into semi-dried tomatoes of course. They'll keep well and add a richness to casseroles and gravies as well as being delicious to nibble on

with olives, crackers and a little cheese. They'll give winter salads a nice flavour boost too. There are so many ways to use semi-dried tomatoes, especially when they cost just a fraction of the deli price!

**You will need:**

Tomatoes - ripe off the vine, doesn't really matter what type  
Salt  
Olive oil

**Step 1.**

Slice tomatoes into slices the same thickness so they dry at about the same rate. I used a mandolin, you can use a knife if you don't have one. Place the sliced tomatoes into a bowl, drizzle with olive oil (drizzle, not drown) and sprinkle lightly with salt. Toss gently.

**Step 2.**

Place on dehydrator trays or on a biscuit tray lined with baking paper if using your oven. Set the temperature on the dehydrator or oven to 110 degrees Celsius. This is slightly higher than you would normally use because tomatoes are a particularly moist food and need to dry a little faster, to prevent them going mouldy.

**Step 3.**

Dry until no moisture remains, but tomatoes are still flexible. (Don't worry - if they get stiff and dry, they still taste great!)

**Step 4.**

Store in an airtight container in the fridge or freezer for long term.

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## MOO NO. 16 PEPPERMINT CITRUS DRY SKIN SCRUB

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Dry, itchy skin can affect you all year round and it is not pleasant. Moisturising helps, but to get that moisture back into your skin you need to exfoliate, and get rid of those dry, dead skin cells. Sounds awful put that way, but its really just a matter of using a gentle, moisturising scrub once a fortnight.

This scrub is easy to make, uses safe pantry ingredients and doesn't cost a fortune. The oil is rich and moisturising, the peppermint and orange oils not only make it smell great but they work to sooth itchy skin, making it a great all-year-round scrub. I keep it in the fridge, you don't need to. It will keep for at least a month on the bathroom vanity.

**You will need:**

1 cup white sugar  
1/4-1/3 cup oil: coconut oil, olive oil, sweet almond oil, apricot oil, avocado oil, or a combination  
10 drops peppermint essential oil  
10-15 drops orange essential oil (lemon or grapefruit will also work - or any combination of these)

2-4 tablespoons orange or grapefruit zest (for extra exfoliation, optional)  
2 tablespoons vegetable glycerine (extra moisturizing, available at your chemist or health food shop; optional)

**Step 1.**

Mix sugar, oil, zest, and vegetable glycerine (if using) together.

**Step 2.**

Depending on what type of oil you use, you may need to add more or less to make the sugar stick together, but not enough to float on top.

**Step 3.**

Gradually add essential oils until you've reached your desired scent.

**Step 4.**

Store your sugar scrub in a glass container with a tight fitting lid.

**To Use:**

Rub a small amount on hands, arms, legs, feet (it's great for heels) and body and rinse with warm water.

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## MOO NO. 17 - SEED TAPES

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A great part of the gardening and growing your own food experience is growing your plants from seed.

Seeds are not very expensive, but they need to be spaced at regular intervals and buried at a particular depth. That's great, except that seeds are small, some smaller than others.

And that makes it hard to plant them. Until now you've probably done your best, thinning the tiny seedlings when they appear. That's a painful job, it takes time, is messy and you risk losing plants.

Not any more! This is the simplest, easiest and most accurate way to plant those tiny seeds according to the guide on the packet. Try it once and you'll be converted.



Seed tapes. Yes, simple paper tapes with those pesky but essential little seeds evenly spaced and stuck on them that you plant neatly in the garden. No need for thinning!

**You will need:**

1 tbsp plain flour  
1 tsp water

Toilet paper  
Seeds of your choice

**Step 1.**

Start by making your flour and water paste. You'll use this to stick the seeds to the paper. Mix the flour and water in small dish (I use a dipping/sauce dish) to a paste.

**Step 2.**

Tear off a length of good old Aldi toilet paper. I tear it as long as the kitchen table, simply because that's the surface I work on. You could make it longer if you worked on the floor or had a lovely, long kitchen bench. You can measure the length of your row or bed and make the strip of toilet paper the same length if you want to. Actually thinking about it, that would be the smart thing to do!

**Step 3.**

Fold the paper in half lengthwise.

**Step 4.**

Measure the spacing for your seeds. Get your seed packet. I'm planting radishes for Hannah. Did you know radishes will grow all year round here in Melbourne? And they grow quickly, so using seed tapes will make progressive planting easy - make the tapes all at once, then stagger the planting. In this case the radish seeds need to be spaced at 5cm intervals so I've used a Sharpie to mark the spots. Put a little bit of the paste on the paper at each dot.

**Step 5.**

Take a seed and drop it onto the paste.

**Step 6.**

Let the paste dry. When the paste has dried you can roll the strip of seed tape up loosely. Use masking tape to keep it rolled, it doubles as a label. Or use a paperclip to keep it together and a slip of paper to label it.

To use, check the depth the seeds need to be planted at, dig a trench to that depth the length of your seed tape. Lay the seed tape in the trench, cover lightly with the soil/potting mix and water in. You might like to mark the end of each row so you know where to plant the next strip.

Seed taps are so handy. Get them ready over winter for spring planting, and do a few of each type so you're ready for succession planting without having to worry about spacing seeds or thinning seedlings.

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## MOO NO. 18 - CRUMPETS!

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At the Sustainable Cheapskating workshop on Sunday I had a small basket of produce I'd picked from the garden that morning. In pride of place was a slightly misshapen butternut pumpkin. I love butternut, it's my pumpkin of choice for baking.

But this pumpkin was allocated for soup. Freezer stocks were gone and Hannah was begging for pumpkin soup. With pumpkins being so expensive she had to wait until ours were ready, and Sunday was the day.

Sunday night we made a big pot of creamy gold pumpkin soup and it is delicious. We also made a batch of crumpets because in our house you can't have soup without crumpets - the two just naturally go together. Yum!



Crumpets are another thing you can cross off your grocery list. They are almost as easy to make as pancakes - truly they are.

### MOO Crumpets

#### Ingredients:

4 cups flour  
2 teaspoons dried yeast  
¼ teaspoon cream of tartar  
2 teaspoons salt  
1 teaspoon sugar  
500ml warm water  
150ml warm milk  
½ teaspoon bicarb soda  
Butter for greasing

#### Method:

Combine dry ingredients in a large bowl, make a well in the centre and add water slowly, mixing well until a thick batter has formed.

Knead well until thick and smooth. Cover and leave in a warm spot for an hour to rise.

Add the bicarb soda to the warm milk. Stir milk mixture into the dough, beating well so there are no lumps. The batter should look like thick pancake mix.

Grease a frying pan and egg rings or crumpet rings and heat to a moderate temperature. Place 1 tablespoonful of mixture in each egg ring or 2 tablespoonfuls in each crumpet ring. Cook over moderate heat until bubbles rise, leave a little longer so the bubbles set slightly then turn crumpets and brown the tops.

After turning crumpets, remove the rings and re-grease. Then start the next batch cooking. This recipe makes about 45 egg ring or 20 crumpet ring-sized crumpets.

Toast to serve. These crumpets freeze well.

Note: You can buy special crumpet rings from cookware shops for around \$3 each. A cheaper option is to use 425g tuna cans that have had both ends removed - just be careful, the edges are sharp.

## MOO NO. 19 - TOILET BOMBS

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Drastic times call for drastic measures, especially when it comes to keeping the bathroom not only smelling clean, but actually really clean. Everyone has times when visiting the bathroom can fill you with dread. It may be you have littlies toilet training or illness in the house or a dozen other reasons. Bathrooms are a thriving bacteria factory.

Deodorize and kill all those unwanted germs with some MOO toilet bombs.

### **You will need:**

1/3 cup bicarbonate soda  
1/2 cup citric acid  
30 drops of lavender, peppermint and lemon essential oils  
Water  
A tray to use as a mould - a flexible ice cube tray is good for this

### **Step 1.**

Mix the bicarb soda and citric acid together and add the oils (if the mixture is not damp add a little water to the mixture).

### **Step 2.**

Press the mixture into a mould (an ice cube tray is ideal) and leave to set for around 6 – 8 hours until they are dry.

Once set, they are ready to use. Drop one or two in the toilet last thing at night, let them fizz and bubble and work their wonder overnight. In the morning just flush for a sparkling toilet.

## NO. 20 - YOU SCREAM, I SCREAM, WE ALL SCREAM FOR ICE CREAM

---

My mother used to joke that my father would eat ice cream for breakfast, lunch and tea, and ice cream and topping for morning and afternoon tea and supper if he was allowed. He loved ice cream.

And that's a love he passed on to me. I adore ice cream. So does Wayne. Strangely enough the kids can take it or leave it. But we like it. I don't buy ice cream, mainly because really good ice cream is expensive, and of course we simply don't need the calories, fat, sugar or other things in commercial ice cream.

Occasionally though I indulge our sweet tooth and make a bowl (or two) of lip smackingly creamy, delicious and decadent ice cream.



## Decadent Vanilla Ice Cream

### Ingredients:

600ml cream (thickened will do, but pure if you can get it and afford it)  
300ml condensed milk (MOO works a treat in this recipe)  
1 vanilla bean, split and scraped

### Method:

Beat the cream until very stiff. Stir the vanilla seeds into the condensed milk. Very gently fold the condensed milk into the whipped cream. Spoon into a freezer safe bowl and freeze until set - at least two hours.

You can add berries or choc bits or honeycomb or nuts, whatever you like really, with the condensed milk to make your MOO Decadent Vanilla Ice Cream even more decadent.

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## MOO NO. 21 - MOO COOKING SPRAY

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If you love the convenience of cooking spray (and really, who doesn't?) you are going to love today's MOO. Cooking spray is so convenient, just pick up the can and spray your frying pan, baking dish, cake tin, biscuit tray or grill. It lets you measure and control the amount of oil you use in your cooking, nothing seems to stick when you've sprayed the pan and one can lasts a long, long time, making it seem quite frugal.

But have you read the ingredients list on the can? Oi! There's a reason cooking spray stains the things it comes in contact with - it's full of all kinds of nasty stuff you wouldn't voluntarily use in your kitchen. No one should put that stuff in their mouths, especially willingly.

### MOO Cooking Spray

#### You will need:

Misting/spray bottle (I suggest a new bottle for this and sterilise it)  
Oil of your choice (I use olive oil because that's the oil I like to cook with most)  
Water, filtered and boiled



#### Step 1.

Mix 1 part oil to 4 parts filtered and boiled water.

#### Step 2.

Pour into your spray bottle.

#### Step 3.



Shake well each time you use it (because oil and water don't mix, or at least they don't stay mixed).

#### **Step 4.**

Use it. Spray it on grills, in cake tins, in frying pans - wherever you would normally cooking spray. It makes fantastic fried eggs, without the extra fat and kilojoules.

See how easy that was? You'll still get the great non-stick benefits and of course the lower fat benefit too. What you won't get is the GMOs, the propellants and the other nasties hidden in cooking spray.

**Notes:** It may seem odd mixing water with oil, we all know they don't really mix. Oil on it's own won't mist, even with a misting sprayer. The water helps the oil to mist, and cover your pan or tin evenly.

Sterilise the bottle - you will be putting ingredients you use in cooking into it, you don't want it contaminated with bacteria.

Which brings me to the water. For the same reasons as above, and that you will be storing the spray, use filtered, boiled water to ensure your cooking spray won't go rancid or grow science experiments.

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## MOO NO. 22 - MAKE A GENTLE SHOWER GEL

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This is a simple recipe for a gentle shower gel you can make yourself in just a few minutes, using ingredients you most likely already have.

#### **You will need:**

1/2 cup liquid castile soap (unscented if you want to add your own fragrance, I used peppermint)

3/4 cup water

1/2 tsp sea salt

Up to 15 drops of your favourite essential oil (optional, use if you have unscented castile soap)

#### **Step 1.**

Pour the shampoo and water into a small bowl and stir to combine. Make sure they are well mixed.

#### **Step 2.**

Add the sea salt and stir until the mixture thickens.

#### **Step 3.**

If using add the essential oil a few drops at a time, mixing well between additions, until you find the strength of fragrance you like.

#### **Step 4.**

Pour into a pump dispenser or bottle. Give it a gentle shake before using.

**Notes:** If you can't find liquid castile soap (you should find it at your health food shop) use a gentle or baby shampoo instead.

Table salt can be used as a substitute for sea salt.

## MOO NO. 23 - SIMPLE CHICKEN STOCK

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Chicken stock is so easy to make, and so much better when you make it. It's rich and thick, full of flavour. Compare that to the thin, watery packaged stocks or the over-salted, artificially coloured cubes and, well, there really isn't a comparison. Homemade stock is just better.

### To make a simple stock you need:

Chicken carcasses - two or three  
4 stalks celery  
3 carrots  
2 brown onions  
4 cloves garlic  
2 bay leaves  
1/2 tbsp dried rosemary  
1/2 tbsp dried parsley  
1/2 tsp dried thyme  
pepper to taste  
12 cups cold water

### Step 1.

Add the chicken carcasses and any scrap meat to a large stockpot or saucepan.

### Step 2.

Add the cold water and bring to a boil.

### Step 3.

Add the vegetables and seasonings. Bring back to the boil and turn down to a simmer.

### Step 4.

Cover and simmer the stock 3 - 4 hours.

### Step 5.

Strain the vegetables and bones from the stock.

### Step 6.

Return the stock to the pot and simmer a further 1 - 1-1/2 hours until it has reduced by half.



**Notes:** Use the stock for gravy, to cook rice or pasta, or as a soup base. It will keep in the fridge for 3 days, and can be frozen for up to 3 months. This stock has no salt added to it during cooking; if you think it needs to be salted do so when you use it in a recipe.

I save the carcasses from roast chickens in the freezer until I have enough to make stock. You can buy fresh chicken carcasses from the butcher, deli or supermarket but why pay for something you will have after a roast? The roasted bones give the stock a much richer flavour than a stock made from raw bones.

Don't throw the vegetables and bones out, add them to your compost bin.

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## MOO NO. 24 - BUGS BE GONE LOTION BARS

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Easter is only a month away, the last great camping weekend of the season for many, including us. It's the weekend when we seem to finally give in and admit that summer really is over and the barbecues, picnics, fishing and camping trips are coming to an end so we all head outdoors.

Well the weather may be cooler, and winter may well be on its way, but the mosquitoes and midgies and other bugs don't seem to know that.

If you're going to spend any time in the great outdoors, either at Easter or any other time, you'll need a good personal insect repellent. You could use a commercial product, but I'm not really keen on the ingredients in them.

Instead I like this recipe. It works, it's easy to make and it doesn't have any nasties in it.

### **Ingredients:**

- 1 cup coconut oil
- 1/2 cup shea or cocoa butter
- 1/2 cup beeswax + 2 tablespoons
- 1/4 cup dried rosemary leaves
- 1 teaspoon dried whole cloves
- 2 tablespoons dried thyme
- 1/2 teaspoon cinnamon powder
- 1/4 cup dried catnip leaf\*
- 1 tablespoon dried mint leaf
- 1 teaspoon Vitamin E oil
- 10 drops lavender essential oil
- 10 drops lemon essential oil

### **Step 1.**

Infusing the oil. Using a double boiler or glass bowl on top of a small saucepan, heat about 3cm of water (in bottom pan) until starting to boil. Place the rosemary, cloves, thyme, cinnamon, catnip and mint in the top part of the double boiler and add the coconut oil

### **Step 2.**

Cover the bowl or top part of the double boiler and keep the water at medium high temperature for at least 30 minutes or until oil darkened and smells strongly of rosemary. Alternately, you

can fill a crock pot about half full with water, put the coconut oil and herbs in a glass mason jar with a tight lid, cover and keep on lowest setting for several days to make an even stronger infused oil.

### **Step 3.**

When the oil has been infused with the herbs take off the heat. Strain the dried herbs out of the oil using a small mesh strainer or chux and pour the oil back into the double boiler. The oil will probably be reduced by almost half and you should have about 1/2 cup of the infused oil. If you have more, save it for next time!

### **Step 4.**

Add the shea or cocoa butter and beeswax to the double boiler and stir until all have melted. Remove from heat, add the Vitamin E oil and any other essential oils and pour into moulds. I use silicone cupcake moulds, they are just the right size for the palm of your hand. You can use any mould in any shape, as long as you can get the bar out cleanly when it has set.

### **Step 5.**

Leave in the moulds until completely set (overnight is best).

**To use:** Rub the bars on exposed areas of dry skin to protect against mosquitoes. If you are pregnant, check to make sure any herbs you use are safe for pregnancy and omit the ones that aren't.

**Notes:** Catnip is not just for cat toys. You can get catnip leaf online, from herbalists. Some pet shops also stock dried catnip leaf. It is used in this lotion bar as catnip is about 10 times more effective at repelling mosquitoes than DEET, and a whole lot safer. It's easy to grow from a seedling and they should be available at your garden centre.

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## MOO NO. 25 - MONTE CARLOS

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Monte Carlos are an old Australian favourite, Arnotts sure picked a winner when they added these delicious coconut and raspberry cream biscuits to their Assorted Creams range.

We Aussies buy them and enjoy them, but why? You can MOO Monte Carolos, really you can. And they are so easy; yet another thing we love that we've been conned into thinking we can only buy. So get out your mixing bowls and biscuit sheets, flour and butter and MOO them. And say "no" to buying these delicious biscuits because you can MOO them.

This recipe was submitted by Bridie West, and it's become a favourite in our house. When you serve homemade monte carlos to visitors with their cup of tea they are suitable impressed - another thing we've been brainwashed into believing we have to buy.

Cross them off your shopping list, get out the ingredients and have a go at making your own. I guarantee you won't ever want to buy them again (sorry Arnotts, but MOOing is better).

The recipe makes about 25 biscuits and doubles really well also.

## Monte Carlos

### Ingredients:

185g butter  
1/2 cup brown sugar  
1 egg  
1 teaspoon vanilla  
1-1/4 cup self-raising flour  
3/4 cup plain flour  
1/2 cup coconut

### Filling:

60g butter  
3/4 cup icing sugar  
1/2 teaspoon vanilla  
2 teaspoons milk  
raspberry jam

### Method:

Pre-heat oven to 180 degrees Celsius. Line biscuit trays with baking paper.

Cream butter and sugar until light and fluffy, add egg and vanilla, beat well.

Add sifted dry ingredients and coconut, mix well.

Roll teaspoonsful of mixture into balls. Put on lightly greased oven trays, gently press down with a fork.

Bake 10 to 15 minutes or until golden brown.

Remove from oven, cool on wire rack.

To assemble, put teaspoon of jam and teaspoon of prepared cream in centre of half the biscuits. Top with remaining halves, press together lightly.

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## MOO NO. 26 - MAKING RHUBARB CHAMPAGNE

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When you grow rhubarb you understand it's either a feast or a famine. Those pretty red and green stalks can be few and far between while you're waiting for them, as soon as you ignore it, that rhubarb crown will just go berserk.

That's what has happened with my rhubarb. I've been waiting and waiting for decent sized stalks to start preserving for winter. As soon as I became busy with other preserving those stalks have grown tall and thick and there are hundreds of them.

Most of them have been turned into stewed rhubarb or sugared rhubarb for winter pies. But I kept some back, to make Rhubarb Champagne. It's a delicious, slightly fizzy, pretty pink drink that's as easy to make as ginger beer and just as refreshing. And if you grow rhubarb and lemons and make your own apple cider vinegar it is really, really cheap - about \$1.00 to make



### Rhubarb Champagne

#### Ingredients:

5 litres cold water  
1 lemon, thinly sliced  
3-1/2 cups rhubarb  
3-1/2 cups sugar  
3/4 cup apple cider vinegar

#### Step 1.

Wash rhubarb and lemon. Don't peel the lemon but slice it thinly. Cut the rhubarb into rough chunks.

#### Step 2.

In a clean and sterilised bucket put the water, apple cider vinegar, sugar, rhubarb and lemon. Sit the bucket in a warm spot on your kitchen bench. Don't put a lid on the bucket, the mixture needs to gather the natural yeasts in the air to start the fermentation process. Leave for 48 hours (no longer or the rhubarb will sour the drink and it will be ruined).

#### Step 3.

On bottling day, wash and sterilise bottles and caps. I use recycled soft drink bottles that have been thoroughly washed and cleaned; you can use cleaned and sterilised wine or beer bottles and caps if you can get them.

#### Step 4.

Strain the rhubarb champagne through a cheesecloth or Chux. Add the rhubarb and lemon to the compost or feed the scraps to your chickens if you have them. Bottle and cap the champagne. Store in a dark cupboard for up to 2 weeks.

The drink is ready in three days - two weeks, depending on how fizzy you like your drinks and of course the weather, it's ready earlier in summer than it is in winter. Chill well before serving.

Makes four 1.25ml bottles of rhubarb champagne.

## MOO NO. 27 - THE BEST EVER HOMEMADE CHOCOLATE

---

This chocolate is meant to be a cooking chocolate, but really, it's too good to use just for cooking. It's great right out of the fridge or in baking and it makes a delicious chocolate sauce.

### MOO Chocolate

#### Ingredients:

1/2 cup plus 1 tablespoon cocoa powder  
4 tablespoons coconut oil (melted)  
1/4 cup agave syrup\*

#### Method:

Combine the cocoa, coconut oil and agave syrup in a bowl. Stir to combine then whisk until the mixture is smooth and shiny and starts to thicken. Pour into a mould or moulds (if you are making individual chocolates).



To make block chocolate I use a silicone loaf pan lined with baking paper. The silicone pan is easy to remove from the block of chocolate and the baking paper ensures the chocolate is smooth.

To make individual chocolates I use chocolate moulds - the moulds in the photo are from Aldi. You can get chocolate moulds at craft shops, discount department stores and some \$2 style shops, you can even re-use the moulds from Advent calendars, boxed chocolates and Easter eggs if you wish to.

This is a rich, dark, slightly bitter dark chocolate. If you like a sweeter chocolate add one additional tablespoon of agave syrup.

For flavoured chocolates, add the flavouring of your choice with the agave syrup.

\*Agave syrup is available at any health food shop.

## 31 DAYS OF MOO NO. 28 - HONEY ROASTED PEANUTS

---

Honey roasted peanuts are the easiest snack to make, and one of the delicious for nibbling. You can spice them up (or down) by adding different spices.

#### Ingredients:

500g unsalted peanuts  
1/3 cup honey  
1/2 tsp crushed red pepper (optional)  
1/2 cup sugar  
1/2 tsp salt

**Step 1.**

Preheat oven to 175 degrees Celsius.

**Step 2.**

Line a baking sheet with baking paper. This not only makes clean up easier, it helps to keep the temperature across the sheet even and prevent the nuts burning on the bottom.



**Step 3.**

Place peanuts in a medium bowl (large enough to stir the peanuts).

**Step 4.**

Microwave honey and crushed red pepper in a bowl for 30 seconds and pour over the peanuts.

**Step 5.**

Add half of the sugar and the salt, stirring well.

**Step 6.**

Spread onto the baking sheet in a single layer and bake for 20 minutes, stirring every 5 minutes, making sure to stir the peanuts on the edges in to prevent burning.

**Step 7.**

Let cool for 2-3 minutes and then stir the peanuts, scraping the honey from the baking paper to coat the peanuts.

**Step 8.**

Sprinkle with 2 tablespoons sugar and stir again.

**Step 9.**

Sprinkle with remaining sugar and let cool completely.

Break up the peanuts into single/smaller pieces and store in an airtight container.

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## MOO NO. 29 - A PRESERVING JAR OIL LAMP, JUST IN TIME FOR EARTH HOUR

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Tonight we celebrate Earth Hour from 8.30pm - 9.30pm, so I thought I'd show you how to make a really simple but very effective oil lamp to use while the lights are out tonight, or any time you feel like a little ambience or the power goes off. <http://earthhour.org.au/>

These little lamps give off an amazing amount of light and are great to use camping too. They pack easily and are inexpensive to make and to use.



Just remember, like all candles, tea lights and oil lamps, keep them out of reach of children and pets, just to be safe.

**You will need:**

1 small preserving jar and lid (about 300ml size is good)  
1 nail and hammer or a drill and drill bit  
1 strip of 100% cotton 10cm x 2cm  
150ml olive oil  
150ml water

**Step 1.**

Take the jar lid and using the nail and hammer (or the drill or anything else that will puncture the lid) puncture a small hole in the centre to feed the wick through.

**Step 2.**

Cut your wick. It must be 100% cotton material. Synthetic materials don't burn very well and will smell terrible; they could produce toxic fumes as they burn. Pure cotton will burn down and you'll need to pull it up as it burns off.

**Step 3.**

To make the wick roll the fabric along the long edge into a loose cylinder. Soak the wick in olive oil.

**Step 4.**

Run your wick down to the bottom of the jar through that hole. Have about a centimetre of wick above the lid or you will end up with a pretty big flame.

**Step 5.**

Put the water and then the oil in the jar. The oil will sit on top of the water and the jar should be almost full to the brim.

**Step 6.**

Placing the wick in jar, screw the lid on tight. Light the wick and enjoy the glow of your MOO oil lamp.

**Notes:**

Olive oil burns clean, without smoke or fumes.

You can add essential oils to your oil lamp if you would like a perfume oil lamp. The aroma won't be very strong, you'll just get a hint of your favourite scent.

You can use 300ml of oil, but the water/oil combination seems to burn bright

## MOO NO. 30 - MOO ONION SOUP MIX

---

This will make the equivalent of one packet of onion soup mix. I suggest while you have all the herbs and spices out that you make up a few 'packets' by either doubling, tripling or quadrupling the recipe. Store them in clean, dry, glass jars, small Tupperware containers or in ziplock bags.

### **Ingredients:**

3 tablespoons dried onion flakes  
1 teaspoon parsley flakes  
½ teaspoon onion powder  
½ teaspoon turmeric  
½ teaspoon salt  
¼ teaspoon celery salt  
¼ teaspoon ground pepper  
⅛ teaspoon garlic powder

### **Method:**

Place all ingredients into a small resealable container or bag and shake.

That's it, onion soup mix without MSG, thickeners, anti-clumping agents, artificial colours or flavours.

To use as a soup add the mix and 4 cups of cold water to a pot and slowly bring to the boil. Turn the heat down and simmer for 2 minutes.

Use as you would the packet soup in casseroles, meatloaf, rissoles, sauces, gravies, dips etc.

## MOO NO. 31 - DIY LIP BALM

---

Winter is on the way, and that means chapped lips. I go through lip balm so quickly in winter. I have them everywhere - on my bedside table, in the bathroom, on my desk, in my handbag, in the car - anywhere I'm likely to be.

Good quality lip balms are expensive. Good quality lip balms are easy to make, right in your own kitchen, and they're not expensive either!

Peppermint lip balm is my favourite, its refreshing and cool, while soothing chapped lips.

### **Peppermint Lip Balm**

#### **You will need:**

1 tbsp beeswax  
1 tbsp shea butter  
1 tbsp cocoa butter  
2 tbsp coconut oil

5 drops peppermint essential oil  
Heat proof bowl or measuring jug (I use a Pyrex measuring jug)  
Small clean containers (I re-use miniature jam jars)

**Step 1.**

Put about 3cm of water into the bottom of a small saucepan. Turn the heat on medium.

**Step 2.**

Put all of the ingredients except the peppermint oil into a Pyrex glass measuring cup.

**Step 3.**

Place the measuring cup into the water in the pan, being careful not to get any water into it. Stir slowly until everything is melted, and then turn off the heat.

**Step 4.**

Stir in the 5 drops of peppermint essential oil.

**Step 5.**

Pour into small containers, and allow to cool and set before using.

**Notes:**

Flavouring isn't essential, but if you choose to not use it your lip balm will taste "waxy" and bland. If peppermint isn't your favourite taste add another flavoured, food safe oil (any that can be used for cake making and decorating are safe to use in your lip balms).

If you are just starting to make your own lip balms, you can buy kits from craft shops, they are also available online. The individual ingredients are also available online or from craft shops.

I bought my first lip balm kit (now I just buy the ingredients as I need them to make more) from Aussie Soap Supplies ([www.aussiesoapsupplies.com.au](http://www.aussiesoapsupplies.com.au)). You can also buy the tubes, jars and other accessories online.

## WHAT IS A CHEAPSKATE?

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### **Cheapskate -**

a person who is wise with their money and lives life

debt free, cashed up and laughing

Ok, that isn't the official definition of a Cheapskate, but it is mine. Over the years I've been asked many times what a Cheapskate is and that answer is simple.

\*A Cheapskate is economical in the use of money, goods and consumable items.

\*A Cheapskate avoids unnecessary expense of money or of anything else that is to be used or consumed.

\*A Cheapskate is sparing, not extravagant or lavish, but they don't deprive themselves of needs or wants.

\*A Cheapskate lives by the creed of: Beware of little expenses; a small leak will sink a great ship . Benjamin Franklin.

\*A Cheapskate always gets the most from every dollar.

\*As a Cheapskate, frugality is always virtue!

But the thing that really sets Cheapskates apart from spendthrifts is the choices they make.

A Cheapskate chooses to live the Cheapskates way. They choose to save money on the things that aren't important to them so they have the money to enjoy the things that are.

Want to know more about living the Cheapskates way? Sign up for the Living the Cheapskates way e-course here.

If you're serious about living life debt free and cashed up, you need a Platinum Cheapskates Club membership. With a Platinum membership you'll have all the tools, encouragement and support you need as you live the Cheapskates way.

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