

Thug Kitchen Eat Like You Give A Fk

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You can star gaze at constellations and pretend like you can identify them correctly (we can t either) Pack smart, be prepared, watch your step and you'll be fine thug kitchen 101 field guide blaing kettles 7 Ingredients 4 cinnamon sticks 20 whole cloves 16 whole cardamom pods 12 whole black peppercorns You need to eat something

Table of Contents

Source: Adapted from Thug Kitchen: Eat Like You Give a F*ck Ingredients 2 c rolled oats $\frac{3}{4}$ c uncooked quinoa $\frac{1}{4}$ c uncooked millet 1 $\frac{1}{2}$ c mixed nuts and seeds (example $\frac{1}{2}$ pepitas, $\frac{1}{2}$ sunflower seeds, $\frac{1}{2}$ sliced almonds) $\frac{3}{4}$ c dried cherries (or other dried fruit) $\frac{1}{2}$ tsp salt $\frac{1}{2}$ c maple syrup $\frac{1}{2}$ c almond butter $\frac{1}{4}$ c coconut oil 1 Tbsp brown sugar

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Thug Kitchen 101: Fast As F*ck PDF

The creators of the New York Times bestselling cookbook series Thug Kitchen are back to deliver you the sorta gentle, but always hilarious shove you

need to take the leap into healthy eating Thug Kitchen 101 includes more than 100 easy and accessible recipes to give you a solid start toward a better diet

KHL - Spiced Chickpea Wrap with Tahini Dressing

From Thug Kitchen's "Thug Kitchen: eat like you give a f*ck" Tahini Dressing 1/4 cup tahini* 3 tablespoons warm water 1 1/2 tablespoons lemon juice 1 tablespoon rice vinegar 1 tablespoon olive oil 1 teaspoon soy sauce or tamari 2 cloves garlic, minced Spiced chickpeas 1 tablespoon olive oil 3 cups cooked chickpeas** 2 tablespoons lemon juice

Rodale - Macmillan Publishers

You'll feel so good that you'll never look back Thug Kitchen 101 includes more than 100 easy and approachable recipes to give you a great head start into the vegan life, plus Thug Kitchen takes you behind the scenes and explains every ingredient from tempeh to nooch so that turning vegan will feel like a breeze Thug Kitchen 101 also dives

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