

Hello! Here are the recipes that were featured in the video [Organic Cooking 101: 3 Simple Recipes](#) over on YouTube. Please note that the list of Ingredients found below, and thus, the cost of them can vary from product to product, town to town, so take the cost estimate with a grain of salt.

If you have any questions, make sure you hit up the comments section over at the video.

Thanks for watching, and we hope you enjoy the food!

- Jenn Skylas & Hayden Perno

Chunky Peanut Butter



Ingredients

500g unsalted peanuts
3 Tbsp. cold pressed coconut oil

Method

Blend 450g of peanuts in high-speed food processor for 5 mins or until it resembles a thick butter

Add coconut oil and blend for a further 60 seconds

Pour into a glass jar or stainless-steel container and mix in remained 50g of peanuts

Store in fridge for up to 4 weeks

Cost \$7.57

Time: <10 minutes

Homemade Tomato Sauce



Ingredients

- 1 cup tomato passata
- 1 Tbsp. A.C.V
- 1 Tbsp. coconut amino
- 1 tsp. maple syrup
- 1/8 tsp. cayenne pepper
- 1/2 tsp. cinnamon
- 1/2 tsp. clove ground
- 1/2 tsp. salt
- 2 Tbsp. extra virgin olive oil
- 3 Tbsp. tomato paste
- pinch of cracked pepper

Method

Blend all ingredients in a high-speed stick blender

Store in food grade container, label and date for up to 2 weeks

Cost \$5.47

Time: <5 minutes

Mayonnaise



Ingredients

1 Tbsp. lemon juice
2 tsp. apple cider vinegar
2 tsp. Dijon mustard
4 egg yolks
Salt and pepper
400ml olive oil

Method

Add egg yolks, A.C.V, Dijon mustard, lemon juice, salt and pepper

Add oil while motor is running in a slow stream and steady stream

Store in food grade container, label and date for up to 5 days

Cost \$10.46

Time: <5 minutes

Got questions? Hit up the [comments section over on the video](#). Or, hit up Jenn's Instagram page [@jennskylas](#).

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