



# COOKING IN A CRISIS

**How to Create Nourishing Meals  
When You Can't Get to the Store**

by Kathi Lipp with Tonya Kubo

## About This Guide

Bad stuff happens all the time – big stuff like hurricanes and wildfires, and smaller scale yet no less devastating disasters like a sudden injury, job loss, or a computer crash.

Not all bad stuff can be solved by having two weeks' worth of food on hand to feed your family, but most do.

This guide, based on *Ready for Anything: Preparing Your Heart and Home for Any Crisis Big or Small* by Kathi Lipp, offers a sensible approach to weathering life's storms by helping you solve the problem of what would you or could you eat when facing hard times.

If you've downloaded this guide to read in non-emergency times, good for you! You have time on your side. Time to read, talk with your family and make thoughtful decisions on what will and won't work for you. If crisis has already hit, however, it's action time for you. Our hope is you'll have enough practical advice here to get started.

And if you need more support, visit us at Facebook at Kathi Lipp's Clutter Free Academy (<https://www.facebook.com/groups/clutterfreeacademy>), the kindest corner of the internet.

We're always happy to help.

With love,

Kathi Lipp and Tonya Kubo

## A Simple Plan for Difficult Times

Whether snowed in, strapped for cash, or avoiding crowds, you might find yourself needing to feed your family for a couple of weeks without making a trip to the store.

The best time to consider your crisis cooking plan is long before crisis hits, but if you're in the midst of the crisis and are just getting started, this guide will help you think through some decisions, fast.

### **Household Bonus Tip #1 – Keep Like Things Together**

Unless you have a specific reason not to, it's best to have all of one "thing" (batteries, cleaning products, pantry staples, tubes of toothpaste) in one spot so that you know where it is. It's a pain to go downstairs to the "battery drawer" when your remote batteries die. We get that. You know what's worse? Not being able to find batteries anywhere in the house because they "could be" anywhere.

### **Practice Makes Perfect: Make Taking Stock a Habit**

Keeping a current food inventory saves money and time by allowing you to:

- Create menus from food you already have
- Buy the right ingredients for the meals you want to make
- Understand how much food your family actually eats (and what ends up getting tossed)

We've devised a simple three-step plan to help you focus your attention, calm your heart and give you the confidence to make critical decisions. To make sure you're able to create nourishing meals for your family when you can't get to the store, this is your action plan:

1. Take Inventory
2. Create a Plan
3. Stick to the Plan

We can't possibly predict every situation in which you might find yourself needing to cook in crisis but we do know one thing: Creating a simple plan NOW will bring you peace of mind LATER. Preparedness offers confidence, even when life as you know it feels upside down. Our motto right now: Instead of scared, get prepared.

Let's get started, shall we?

## Take Inventory

Now is the time to take inventory of your fridge, freezer and pantry to see what you have on hand. Knowing what you have helps you to create a workable meal plan from what's available and to spend wisely if you're able to run to the store to fill in the gaps. It also helps you discover surplus items (like four Costco-size jars of mayo).

Stockpiling sensibly saves us money. Storing up does not. Just because you can buy a lot of something for a cheap price doesn't mean that it's a bargain. When you take inventory, you avoid costly shopping mistakes.

There's no point in having an emergency meal plan that relies on ingredients you don't have or can't easily get. Likewise, it doesn't make sense to stock up on foods you don't like. If you end up throwing it out because you haven't used it up in a timely manner, that is wasted time, energy, space and money.

Our goal is to eat what we stock up on, and stock up on what we eat. That's why you won't see either of us stocking up on bad peanut butter just because it's on sale. This is a "working pantry" that we eat from every day – not just a stockpile for emergencies. We want to buy the best items at the lowest price in the most ethical way possible.

You can't create a plan until you know what you have – so do this step today.

Take stock of what's in your fridge, in your freezer, in your pantry and wherever else you might stash food (I know several parents who squirrel away snacks and treats in places their kids would never look – for this exercise, don't leave anything out.).

Taking inventory the first time might take 20 to 30 minutes. If you do it regularly, it's just a few minutes every month to save you a heap of worry when you're in a pinch. Keep your inventory list in an easy-to-access location for convenience.

Members of Kathi Lipp's Clutter Free Academy (our private Facebook community) suggest getting ready for anything by either putting your printed inventory checklist in a sheet protector stuck to your fridge, freezer and pantry, or inside a home organization binder. The sheet protectors allow you to use a wet-erase marker to update your inventory regularly.

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The other benefit of taking regular stock of what you have on hand is keeping like items stored together, and developing a system to use up ingredients in order of purchase or expiration.

## Create a Plan

Once you know what you have on hand, you can create a meal plan to use up the food you have.

The first step in creating your plan is to use what's fresh first.

For example, during the stay-home order California enacted in March 2020, we could go to the grocery store when needed but officials strongly encouraged everyone to make those trips as infrequent as possible. As the days worn on, the trips we did take felt more irresponsible.

Having a plan based on using fresh food first made sure we ate up the salad greens before they wilted, even if we would have preferred the veggie mix from our freezer on that particular night. In Tonya's case, having young children at home, it meant getting creative with leftovers because every meal repurposed prevented waste and added more space between those needed shopping trips.

The suggestion we're making here isn't to binge on everything in the fridge or add extra meals to your day. But if you have the choice between eating those veggies you cut up a couple of days ago or grabbing something from the freezer, use what's fresh first. Here are common fresh foods with short shelf lives:

- Fruits
- Meats in the fridge
- Dairy products (*yogurts, sour cream*)
- Veggies
- Breads and tortillas

### **MEAL PLANNING MADE EASY**

Your immediate crisis cooking plan (first three days or so) should use up your perishables for breakfast, lunch and dinner.

Look at the foods that will need to be tossed in the next few days if not used up. Instead of thawing chicken for tomorrow's dinner, use up what you have in the fridge. Make a salad with the big tub that is going to go bad in the next few days. Chop up veggies to go on top of it. Take that leftover ground beef and turn that salad into a taco salad with taco meat and tortilla chips.

When you're working to use up food with a short shelf life, creativity is key. Cooked



chicken can become chicken salad with mayo, Greek yogurt or sour cream, fruit (apples, grapes or dried fruit all work) and nuts. You can roll it up into a tortilla as a wrap, make a sandwich, eat it on a bed of greens or scoop it up with crackers or chips.

### YOUR TWO-WEEK CRISIS COOKING PLAN

Crisis is relative. It can be a natural disaster that cuts power for days on end, the loss of your primary source of income or injury that keeps you laid up at home for a long period of time.

Regardless of the crisis, having a two-week supply of food – and meal plan to use up that food – is a sanity saver. But when thinking of your two-week food plan, don't make it apocalyptic.

We're not suggesting freeze-dried meals that can last 25 years in a bomb shelter. Sure...there's a time and place for that kind of preparation. But right now? We're just trying to do the next right thing.

Here are some things to consider when creating your meal plan:

- **Comfort** – Crisis is not when we count calories. A 5-pound tub of protein powder might keep you from starvation, but let's not make a liquid diet your Plan A. Canned artichokes, garbanzo beans and soups can ease your feelings of deprivation when you're eating from your pantry. Dried fruit or trail mix provides a sweet topping for oatmeal, which is the perfect pantry breakfast but can get bland all by itself day after day.
- **Variety** – The biggest mistake people make when stocking up for crisis is to buy a whole bunch of the same thing. A 10-year supply of beans and rice might help you survive, but it's no way to live. Variety is incredibly important when it comes to your emergency stash.

#### Practice Makes Perfect: Have a Use-it-Up Week

You can't expect to become a culinary creative overnight.

Having a Use-it-Up Week each month gives you the opportunity practice creative meal planning when you're not in crisis. Designate one week a month (maybe the week before you do your big grocery shopping trip) to just buy the basics (milk, bread) and see what you can pull together from what you have on hand.

Need inspiration? Download the SuperCook app (or visit [www.supercook.com](http://www.supercook.com)) to plug in the ingredients you have and find yummy recipes that use them.

Want to get the family involved? Assign each day of the week to a member of the household, and let them decide what's for dinner. It's like television cooking challenge without the cash prize, but just as much fun.

- **Ease** – It probably goes without saying, but let's just be super-clear here: You need food that is easy to store and prepare – emergency situations are not when you have time or energy to create elaborate meals.

- **Access** – When creating your crisis cooking plan, you have to consider your resources. If power goes out, what are your options? Do you have a solar cooker? Camp stove? Backyard grill? Know what's possible now and plan accordingly.

As crazy Californians, we practice sustainability as much as possible, but we have needs when it comes to familiar tastes and textures. Kathi likes cream in her coffee. Tonya has a deep affection for sriracha (Asian chili sauce). Costco-size bottles won't last long if refrigeration isn't available. That's why we both recommend a small supply of single-serving packets of your favorite condiments and seasonings.

Some suggestions to add to your stockpile:

- Ketchup
- Mustard
- Mayonnaise
- Coffee creamer (shelf-stable)
- Hot sauce
- Soy sauce
- Chili sauce
- Vinegar
- Salad dressing
- Margarine
- Nut butter
- Jam/Jelly
- Syrup
- Honey
- Salt
- Pepper
- Sugar/Sweetener

When planning your two-week crisis meal plan, it makes sense to focus on shelf-stable foods as the cornerstones of your recipes. If fresh food is accessible, consider it a bonus. On the next page you'll find a one page printable full of examples of non-perishable or shelf stable foods.

### Household Bonus Tip #2 – Cancel Those Autoship Orders

Beware of the autoship delivery services make it so easy to have supplied shipped automatically to your front door. It's so easy! It's so convenient! That is, until you find yourself with way more month than money. If your crisis is financial, cancel every auto order that's not absolutely essential. When you know money is about to get tight, the best gift you can give your future self is the extra cash in your account. Common autoship orders include:

- Pet supplies
- Vitamins and supplements
- Skin care, body care and cosmetics
- Groceries
- Curated kits of clothing, activities and snacks

# READY FOR ANYTHING



## Examples of Non Perishable or Shelf Stable Foods:

Canned / Dried Meats	canned chicken, tuna, salmon, Spam
Canned Soups	just-add-water soups, stews, and chili
Canned Fruits	peaches, pears, mandarin oranges, fruit cocktail
Canned Vegetables	green beans, mushrooms, carrots, pickles, tomatoes, tomato paste, tomato sauce, stewed tomatoes, peas, mixed veggies, corn
Dried Fruits	apples, mango, pineapple, blueberries, strawberries, apricots, raisins, prunes
Grains	rice, oatmeal, pasta, cereal
Canned Beans	garbanzo, pinto, black, kidney, edamame
Seasonings	a basic spice rack with savory and sweet spices. Also salt and pepper
Baking Items	flour, sugar, baking powder, baking soda, yeast
Milk	powdered, canned, shelf-stable, sweetened, condensed, evaporated
Beverages	coffee, tea, hot chocolate mix, powdered drink mixes, bottled juice, drinks with electrolytes (Gatorade, etc.)
Other Staples	salsa, broth, onions, garlic





## Stick to the Plan

The biggest threat to being ready for anything, aside from sticking your head in the sand, is human nature. Since launching Kathi Lipp's Clutter Free Academy on Facebook back in 2016, we have noticed something about the people we attract: We suffer from Shiny Object Syndrome.

Just like many of us have cluttered our homes with books offering competing advice on decluttering and home organization, we make a habit of always looking for the next best thing around the corner. Preparedness is no different. If you spend 15 minutes on Pinterest, you could fill 30 boards with "do this or you will die in the zombie apocalypse" doomsday crisis plans.

We're not saying those plans can't or won't work. We're saying every moment you spend searching for the "perfect" plan is a moment you're not actually putting a plan in place.

Please, friend...If you do nothing else, take this advice: Pick a plan and stick with it. It doesn't have to be THIS plan – it just needs to be A plan. Figure out what works for you now – not later – and stick to it. This plan is already in your hand so if you have no idea where to start, you may as well give it a shot.

This three-step plan for cooking in crisis is easy enough for a teenager to follow.

All you need to do is take stock of the food you have on hand, create a plan to feed your family for two weeks if you can't get to the store, and stick with the plan when you need to put it in practice. Maybe that feels too easy. Remember, easy things get done. If you're in the midst of a crisis, you deserve to take it easy.

My wish for you is that you can make decisions today that help you face any unexpected crisis with confidence. May you be ready for anything.

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## YOUR READY FOR ANYTHING MEAL PLAN

### DAY 1

- BREAKFAST
  - Oatmeal with dried fruit
  - Coffee with sugar/sweetener and individual creamers
- LUNCH
  - Tuna salad
  - Crackers
  - Canned pears
- DINNER
  - Kathi's chili
  - Cast-iron corn bread

### DAY 2

- BREAKFAST
  - Leftover corn bread with canned sausages
  - Canned peaches
  - Coffee with sugar/sweetener and individual creamers
- LUNCH
  - Rice and beans
  - Canned vegetables
- DINNER
  - Canned chicken mixed with canned veggie soup
  - Cast iron buttermilk biscuits

### DAY 3

- BREAKFAST
  - Pancakes with poached pears
- LUNCH
  - Leftover buttermilk biscuits
  - Peanut butter and jam
  - Canned pineapple
- DINNER
  - Satay soba noodles with canned salmon

### DAY 4

- BREAKFAST
  - Overnight oats with trail mix
- LUNCH
  - Tomato soup and crackers
- DINNER
  - Canned chicken with pasta alfredo
  - Marinated artichokes and canned olives

### DAY 5

- BREAKFAST
  - Cereal with shelf-stable milk
  - Dried bananas
- LUNCH
  - Chicken Salad
  - Crackers
  - Peaches
- DINNER
  - Kathi's chili
  - Cast-iron corn bread

### DAY 6

- BREAKFAST
  - Leftover corn bread and canned sausages
  - Canned peaches
- LUNCH
  - Leftover chili with crackers
- DINNER
  - Spanish rice with canned chicken and beans

### DAY 7

- BREAKFAST
  - Cereal with shelf-stable milk
  - Raisins
- LUNCH
  - Chicken and Rice Soup
  - Crackers
- DINNER
  - Black Bean Soup (add leftover Spanish rice to make it hearty)

### DAY 8

- BREAKFAST
  - Peanut butter overnight oats
  - Dried fruit or jelly
- LUNCH
  - Greek-style pantry tuna
  - Crackers
- DINNER
  - Purely Pantry Pasta Dish

### DAY 9

- BREAKFAST
  - Pancakes on the grill
  - Poached Peaches with Vanilla and Honey
- LUNCH
  - Leftover Purely Pantry Pasta
- DINNER
  - Chicken Tortilla Soup
  - Black Bean and Corn Salsa

### DAY 10

- BREAKFAST
  - Oatmeal
  - Trail mix
- LUNCH
  - Leftover black bean & corn salsa
  - Chips
- DINNER
  - Pasta with marinara sauce
  - Canned mixed veggies

### DAY 11

- BREAKFAST
  - Cereal with shelf-stable milk
  - Dried bananas
- LUNCH
  - Leftover pasta mixed with canned chickpeas
- DINNER
  - Kathi's Chili

### DAY 12

- BREAKFAST
  - Survival Muesli with shelf-stable milk
- LUNCH
  - Leftover chili with crackers
- DINNER
  - Chicken tortilla soup with chips

### DAY 13

- BREAKFAST
  - Cast-iron biscuits with canned sausage
- LUNCH
  - Chicken salad sandwiches (use biscuits for bread)
  - Fruit cocktail (mix 2-3 cans of fruit together)
- DINNER
  - Black Bean and Corn Salsa (add canned chicken)

### DAY 14

- BREAKFAST
  - Pancakes on the grill
  - Applesauce
- LUNCH
  - Leftover black bean & corn salsa
  - Chips
- DINNER
  - Macaroni and cheese
  - Canned green beans

## RECIPES

### Kathi's Chili

*Kathi Lipp*

*Servings: 4*

A less-spicy version that even kids will like. Most of the ingredients are straight from the pantry. Plus, if you already have some ground beef, fried with onions and garlic, stashed in the freezer (one of the staples of our deep freeze) the meal practically makes itself.

3 tbsp dehydrated minced onions	1-16 oz can kidney beans, drained
1 tsp dehydrated minced garlic	1-16 oz can tomato sauce
1-16 oz can stewed tomatoes	

- Mix together ingredients. Bring to a boil. Reduce heat and simmer, covered, for 30 minutes.

### Purely Pantry Pasta

*Cheryl Knowles-deMartine*

3 tbsp dehydrated minced onion + 3 tbsp water	1 can sliced black olives, drained
1 tsp dehydrated minced garlic	1-2 jars marinated artichokes, chopped
2-14 oz cans diced tomatoes	4 cups pasta, cooked
	Parmesan cheese (optional)

- In a saucepan, mix together all ingredients, except for pasta and cheese.
- Heat for 15 minutes on medium, then toss with pasta and serve with parmesan cheese.
- For an extra protein boost, add a drained can of beans to the tomato mixture.



## Black Bean Soup

*Esther Cowan*

2 cans black beans, rinsed and drained      1 can Mexican corn  
1 can chicken broth      1-16 oz jar of salsa  
1 can cream of chicken soup

- Mix together and cook on low 6 to 8 hours in a slow cooker without the lid on. Serve with chips or tortillas.

## Black Bean Corn Salsa

*Autumn Hicks*

1 can black beans, drained and rinsed      1 tsp dried cilantro  
1 can corn, drained and rinsed      ¼ tsp cumin  
2 tbsp lime juice      ½ tsp chili powder  
1 tsp onion powder

- Stir ingredients together and serve. Pairs well with corn chips.

## Chicken Tortilla Soup

*Kathi Lipp*

1 can tomato soup      1 package taco seasoning  
1 large can chicken broth      2 large cans chicken, drained  
4 cups water      1 can corn

- Mix together all ingredients and place in saucepan. Simmer for 20 minutes.
- Serve with tortilla chips and refried beans, if desired.

## Chicken and Rice Soup

*Tonya Kubo*

2 large cans chicken broth  
1 can carrots  
1 can green beans

1 can corn  
2 cans chicken, drained  
¼ cup rice

- Mix all ingredients together and heat for 25 minutes or until rice is fully cooked.

## Wild Rice Casserole

*Cheri Gregory*

1-4 oz box wild rice  
3 tbsp dried minced onion + 3 tbsp  
water  
1-16 oz can stewed tomatoes

1-2¼ oz can sliced olives  
1-4 oz can sliced mushrooms with juice  
1-8 oz can tomato sauce

- Rinse wild rice thoroughly several times. Combine all ingredients and pour into a casserole dish.
- Cover and bake at 250 degrees for 3 hours. Serve.

## Greek-style Pantry Tuna

*Tonya Kubo*

2 cans oil-packed tuna, don't drain  
1 tbsp lemon juice  
1 tbsp Greek seasoning

- Mix all ingredients together and allow to sit at room temperature for 20 minutes for flavors to meld. Serve with crackers or on bread.

## Spanish Rice

*Kathi Lipp*

2 tbsp oil	2 cups chicken broth
1 tbsp dehydrated minced onion	1 cup chunky salsa
1 ½ cups uncooked rice	

- Heat oil in a large skillet over medium heat.
- Stir in rice and onion to brown. Stir often to avoid burning.
- When rice begins to brown, add broth and salsa.
- Reduce heat, cover and simmer 20 minutes or until liquid has been absorbed by the rice.
- Note: Add canned chicken in the last 5 minutes of cooking to make a one-dish meal.

## Satay Soba Noodles

¼ cup coconut milk, shake before opening can	1/8 tsp ground ginger
3 tbsp smooth peanut butter	6 ounces uncooked soba noodles
2 tbsp soy sauce	1 can cooked chicken
1 ½ tbsp lime juice	1 ½ cups frozen shelled edamame
1 tbsp water	2 tbsp toasted sesame oil
2 tsp light brown sugar	¼ cup roasted salted peanuts, chopped
1 ½ tsp Sriracha chili sauce, more for	

- In a medium bowl, whisk together the coconut milk, peanut butter, soy sauce, lime juice, water, brown sugar, Sriracha and ginger until smooth.
- In salted water, cook noodles according to package directions, adding drained chicken and edamame during the last minutes. Drain in a colander and rinse with cold water.
- Drizzle with oil and toss to coat. Garnish with peanuts.
- This dish goes great with canned salmon, tuna, or shrimp

## Chicken Salad

½ cup mayonnaise (or 4-6 condiment packets)

1 tbsp lemon juice, fresh or bottled

¼ tsp black pepper

1-12.5 oz can chicken breast

½ cup slivered almonds

1/3 cup dried cranberries

- In a medium bowl, mix together mayonnaise, lemon Juice and pepper.
- Toss with chicken, almonds and cranberries. Serve on crackers.

## Tuna Salad

1-6 oz can tuna packed in water, drained

2 tbsp dried onions

1 tsp dried parsley

¼ cup mayo (2-3 condiment packets of mayo)

1 tbsp mustard (1 packet of mustard)

1 tbsp relish (1 packet of relish)

Black pepper, to taste

Lemon juice, to taste

- In a small mixing, break up tuna with a fork and mix it with all the ingredients. Let set for 10 minutes to rehydrate onions.

## Muesli

Serves 4-6

2 cups rolled oats

½ cup trail mix

2-3 tbsp sweetener

Shelf stable milk

- Mix dry ingredients in a bowl. Add enough milk to cover. Let sit for 15 minutes to soften and serve.

## Ready For Anything Tuna Casserole

*This recipe comes courtesy of Kathi's daughter's boyfriend, who swears he could live on it for a decade – if not longer. Let's just call it a bonus recipe. The preferred method of preparation is a microwave, but we're confident you could figure it out with these basic instructions.*

Ramen package  
Water

Tuna Salad, prepared to your liking  
American cheese (1 slice per serving)

- Set aside ramen seasoning packet. Cook noodles according to package directions and drain.
- Mix noodles with tuna salad, top with cheese slice and heat to melt the cheese.
- Mix together and enjoy.

## Cornbread

1 cup wheat flour  
1 cup cornmeal  
½ cup sugar  
½ cup instant milk  
3 tbsp powdered creamer

4 tsp baking powder  
¾ tsp salt  
½ cup applesauce  
1 cup water  
¼ cup vegetable oil

- Stir dry ingredients together. Mix in applesauce, water and oil and beat until mixture is smooth.
- Pour batter into an oiled cast iron skillet. Bake for approximately 25 minutes. Serve warm.



## Pancakes On The Grill

*If your power is out, all you need to make delicious pancakes is your regular pancake recipe and a BBQ grill. Use a flat griddle or fry pan (just as you would in your kitchen.) Make sure your pan is hot enough by putting a drop of water on it. If it sizzles, you are good to go! If you need a basic pancake recipe, here is one that is as old as the hills (it's been around so long because it's just that good!)*

1.5 cups all-purpose flour	1 ¼ cups milk (from powdered milk is fine)
3.5 tsp baking powder	
1 tsp salt	1 egg OR ¼ cup applesauce
1 tbsp white sugar	3 tbsp butter melted

- In a large bowl sift together dry ingredients.
- Make a well in the center and pour in all the wet ingredients. Mix until smooth.
- Oil and heat your frying pan. Pour ¼ cup for each pancake. Brown on each side.

## Poached Peaches With Vanilla And Honey

1 cup water	2 tsp strawberry or raspberry preserves
1/3 cup sugar	
1 tsp vanilla extract	1 tbsp chopped almonds
6 canned peach halves – drained and cut in half	

- Combine the water, sugar and vanilla extract in a medium saucepan; bring to a boil. Reduce heat; add peaches, and simmer 7 minutes or until tender.
- Remove peaches with a slotted spoon; set aside in a shallow dish.
- Simmer remaining liquid until reduced to ½ cup, about 7 minutes.
- Pour syrup over peaches. Cool to room temperature.
- Whisk together preserves and 4 tsp peach syrup.
- Divide peach quarters and syrup between four dishes. Top each with strawberry mixture and almonds.

## Bisquick Biscuits

*I have a box of Bisquick on hand at all times for a variety of recipes. Here's a good one.*

2 ¼ cups Bisquick mix  
2/3 cup milk, water or mixed powdered milk

- Oil a 10 inch cast iron (or any solid bottomed) skillet.
- Divide dough into eight biscuits and, using a large tablespoon, place on oiled pan.
- Place on medium, preheated grill.
- Cook until browning, about 15 minutes

## Single Serving Overnight Oats

*This recipe is more of a guide than a prescription. All you really need are oats and a liquid for them soak in. If you don't have shelf-stable milk, water or juice will work. Maybe not as tasty, but it'll get the job done as breakfast. The chia seeds are added to increase satiety and also to give the oats a pudding-like texture. If you don't like chia seeds or don't have them, you can skip or add applesauce with liquid as a thickener.*

½ cup shelf-stable milk  
¾ tbsp chia seeds  
½ cup rolled oats

Sweetener of choice (syrup, honey, sugar, etc.)

- Add all ingredients to a small bowl or jar with your choice of mix-ins, stir and leave in fridge overnight to soak. The oats should be submerged for best results.
- Mix-in options:
- Carrot cake – Add shredded carrot, raisins or crushed pineapple, nuts and a chopped date
  - PB&J – Add 2 tbsp peanut butter and 1 tbsp of jelly to each serving
  - Peanut butter cup – Add 2 tbsp peanut butter, 1 tbsp cocoa powder. Add mini chocolate chips for an extra treat
  - Apple pie – Add chopped apple or applesauce, cinnamon and brown sugar or maple syrup
  - Chocolate covered cherry – Add dried cherries, 1 tbsp cocoa powder and chopped almonds

## Hummus

*I have a box of Bisquick on hand at all times for a variety of recipes. Here's a good one.*

1-15 oz can Chickpeas (don't drain)	1 small clove garlic, coarsely chopped
3 tbsp olive oil	1 tsp salt
3 tbsp tahini	½ tsp freshly ground pepper
1 ½ tbsp lemon juice, fresh or bottled	

- Combine all ingredients in a food processor, or, if you don't have power, use a potato masher or pastry blender. Blend until smooth.
- Adjust seasonings to taste and serve with chips, crackers or vegetables.

## Cadillac Coffee

*This is a recipe from when Tonya worked late nights in a newsroom. It's not Starbucks but it'll curb your mocha craving.*

Instant hot cocoa mix

Hot coffee

- Mix cocoa powder into hot coffee, stirring until dissolved.

# READY FOR ANYTHING

Bad stuff happens all the time but this doesn't mean we have to live in constant fear.

*Ready for Anything: Preparing Your Heart and Home for Any Crisis Big or Small* gives finite simple steps for being proactive rather than reactive—helping you prepare their mind, heart and home for any unfortunate circumstance.

Full of stories and humor along with facts, tips and lists, Kathi offers a down-to-earth guide that will show you how to face the unexpected with confidence, relying on God's strength and plan rather than giving in to fear and anxiety.

Learn more at [www.kathilipp.com/rfa](http://www.kathilipp.com/rfa).



## ABOUT KATHI

Best-selling author Kathi Lipp inspires thousands of women each year to strip down their expectations and live with real purpose. With humor and wisdom, Kathi offers hope paired with practical steps to live with meaning.

Kathi has written 20 books, including *The Clutter-Free Home*, *Clutter Free*, *The Christmas Project Planner*, *The Get Yourself Organized Project*, *The Husband Project*, and *Overwhelmed*. She is the host of *Clutter Free Academy the Podcast!* with Kathi Lipp. She also runs the Facebook group *Clutter Free Academy* where thousands of women (and a few brave guys) support each other in living a Clutter Free life.

Learn more: [www.kathilipp.com](http://www.kathilipp.com).

