Good and Cheap

Leanne Brown
EAT WELL ON $4/DAY
GOOD AND CHEAP
LEANNE BROWN

www.leannebrown.com
Peanut Butter and Jelly Granola Bars

Makes twelve

Heat the oven to 350 °F.

Butter or oil an 8” x 11” baking pan. If you have a different size pan, that’s fine—it’ll just change how thick the bars are.

Pour the oats into a large bowl. You can use quick oats if they’re all you have, but I prefer the bite and chew of rolled oats. For a different texture, you can also substitute a cup of oats with a cup of Rice Krispies, but the bars are great either way.

Add the peanut butter, half the jelly, the water, and the salt to a small pan. Stir over low heat until it’s smooth.

Mix the peanut butter and jelly concoction into the oats until all the oats are coated and you have a sticky mass. Dump the mixture into the oiled pan and press it into an even layer. Spread the remaining jelly over the top.

Pop the pan into the oven for 25 minutes, until it’s toasty and browned around the edges. Mmm. Crunchy.

Leave the bars in the pan until they cool completely, about an hour. Then slice into 12 bars.

Tired of endless PB+J sandwiches? Give these bars a try instead! I designed them for my friend Alex, who is allergic to gluten and is the best long-distance runner I know. I wanted to create a simple but nutritious breakfast that he could grab on his way out for a run. They are a little more crumbly than a store-bought granola bar, however.

As a bonus, these are made entirely from ingredients that you can find in any corner store or food pantry. Any kind of jam or jelly will do. I used blueberry, but grape or strawberry or any other flavor would be tasty.
Can you eat well on food stamps? An NYU grad student looked into the issue for her thesis and has released a (free) cookbook for those trying to live on $4/day. (x-post from /r/Food) (leannebrown.ca)

And for those in the UK, check out Jack Monroe. She's making cookbooks based on her experience feeding two people nutritionally on less than £10 a week. I'm not quite there, but the recipes are great.

I love that she provides the PDF for free - and not actually try to make a profit off poor people.

Just glimpsed through those 2 PDFs, they're really high quality, too! I feel bad saving it into my laptop and not being able to actually buy one.

Yeah, these are really awesome. I will definitely be using some of these recipes. Cheap, simple, easy. I love it.
Good and Cheap: Eat Well on $4/Day (the PDF is free!)

by Leanne Brown

Good and Cheap is a gorgeous cookbook for tight budgets. It's free
GOOD AND CHEAP

Eat Well on $4/Day

By Leanne Brown
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This title will be available for purchase from Workman.com on Jul 14, 2015. For now you can pre-order from one of these online retailers.

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ABOUT GOOD AND CHEAP

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget—and a cookbook with a strong charitable component: With every copy of Good and Cheap purchased, a second copy will be given to a person or family in need.

While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the $4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas,
46 MILLION AMERICANS ON FOOD STAMPS

ENTIRE POPULATION OF CANADA: 35 MILLION
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With a fresh food box in NYC
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Teela Magar and Cing Neam prepare the roti dough. (Barstian Stabbers/for NewsWorks)
Positioning

• Photos
• Pleasure
• Celebration and joy
• Transformation of humble ingredients into something more!
• Inspiration!

So where does health fit in?
Celebrate the Vegetables!
EAT WELL ON $4/DAY

GOOD AND CHEAP

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