



Having spent nearly 10 months either in a hostel

or in a tent we are probably better equipped than the TV chefs to offer you our low cost recipes. We've done it and been there! These recipes require a (camp) stove, a couple of pans, a frying pan, maybe an oven and a very limited number of ingredients.

We worked on and still are working on a budget of £4 to feed 2 people and Buster the dog.

We hope you find these recipes fun, interesting, flavourful and useful. They are all also Gluten Free as Sue has Coeliac Disease but normal pasta etc. will cost you less.

Feel free to use them, share them, print them, most or all enjoy them.

We hope they will be of assistance to those on Universal Credit, our Homeless friends, Students, those on a limited income or anybody looking for a little inspiration.