



Fabulous Fruit: Session 7

Shopping and Equipment List

Don't forget to check your staples and other ingredients you already have on hand!

Blueberry Bliss

- Shopping List
 - 15 mL (1 tbsp) non-hydrogenated margarine **
 - 1 egg **
 - 60 mL (¼ cup) milk **
 - 1 L (4 cups) blueberries, fresh or frozen **
 - 135 mL (½ cup + ¼ cup) sugar *
 - 2 mL (½ tsp) cinnamon *
 - 125 mL (½ cup) orange juice *
 - 175 mL (¾ cup) all-purpose flour *
 - 7 mL (1 ½ tsp) baking powder *
 - 1 mL (¼ tsp) salt *
 - 2 mL (½ tsp) vanilla extract *
 - Bowls or plates for sampling *
 - Cutlery for sampling *
- Equipment List
 - Electric skillet with lid
 - Liquid measuring cup
 - 2 mixing bowls (large)
 - Mixing bowl (small)
 - Set of dry measuring cups
 - Set of measuring spoons
 - Spatula
 - Spoon

Fruit Salad

- Shopping List
 - 1250 mL (5 cups) fresh fruit (melon, bananas, grapes, oranges, berries)
 - 300 mL (1 ¼ cup) vanilla yogurt **
 - 1 Orange
 - 45 mL (3 tbsp) honey *
 - 2 mL (½ tsp) vanilla extract *
 - Bowls for sampling *

Let's Get Cookin'!

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- Cutlery for sampling *
- Equipment List
 - 4 cutting boards
 - 4 knives
 - Liquid measuring cup
 - Mixing bowl (large)
 - Mixing bowl (small)
 - Set of measuring spoons
 - Grater
 - Spoon

* Check staples supply.

**Check fridge/freezer for extra supply.

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