



# 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 (⅓ 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 \*



- 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.**