



# Winning Weekends: Session 6

## Shopping and Equipment List

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

### Banana Oatmeal Pancakes

- Shopping List
  - 1 banana
  - 2 eggs \*\*
  - 250 mL (1 cup) plain yogurt\*\*
  - 125 mL (½ cup) milk\*\*
  - 250 mL (1 cup) rolled oats\*
  - 250 mL (1 cup) all-purpose flour \*
  - 60 mL (¼ cup) brown sugar\*
  - 5 mL (1 tsp) baking powder\*
  - 5 mL (1 tsp) baking soda\*
  - 1 mL (¼ tsp) salt\*
  - 2 mL (½ tsp) vanilla extract\*
  - 70 mL (¼ c + 2 tsp) canola oil\*
  - Set of plates and cutlery for sampling \*
- Equipment List
  - Electric skillet
  - Flipper
  - 2 forks
  - Large plate for serving
  - Liquid measuring cup
  - 2 mixing bowls (large)
  - Mixing bowl (small)
  - Set of dry measuring cups
  - Set of measuring spoons
  - Spatula
  - 2 spoons
  - Whisk



## Berry Sauce

- Shopping List
  - 75 mL ( $\frac{1}{3}$  cup) orange juice\*
  - 15 mL 1 tbsp cornstarch\*
  - 60 mL ( $\frac{1}{4}$  cup) sugar\*
  - 500 mL (2 cups) mixed berries, fresh or frozen\*\*
- Equipment List
  - Electric skillet
  - Liquid measuring cup
  - Mixing bowl (small)
  - Set of dry measuring cups
  - Set of measuring spoons
  - Spatula
  - Spoon

## Rice Paper Rolls

- Shopping List
  - 4 carrots
  - 1 large English cucumber
  - 1 red pepper
  - 1 green pepper
  - 1 head of romaine lettuce
  - 375 mL (1  $\frac{1}{2}$  cup) cheddar cheese\*\*
  - 1 package of rice paper sheets\*
  - Sweet Chili Sauce\*
  - Set of plates for sampling\*
- Equipment List
  - Cheese grater
  - 5 cutting boards
  - 5 knives
  - Large plate for serving
  - Mixing bowl (large)
  - Set of plates for sampling
  - Strainer
  - Vegetable peeler

\* Check staples supply.

\*\*Check fridge/freezer for extra supply.