



# Begin with Breakfast: Session 2

## Shopping and Equipment List

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

### Apple Donuts

- Shopping List
  - 5 large apples e.g., Cortland or Empire
  - 500 mL (2 cups) of flavoured yogurt
  - Assorted toppings (fruit such as berries, oats, granola cereal, seeds like sunflower or pumpkin, coconut flakes etc.)
- Equipment List
  - Colander
  - Cutting boards
  - Knives
  - Apple Corer
  - Spoons

### Everyday Omelet

- Shopping List
  - 500 ml (2 cups) mixed vegetables (tomato, spinach onion, bell peppers)
  - 15 mL (1 tbsp) Canola oil \*
  - 250 mL (1 cup) cheese (cheddar, mozzarella or crumbled feta)\*\*
  - 6 whole eggs\*
  - Salt (pinch)\*
  - Pepper (pinch)\*
  - 2.5 mL ( $\frac{1}{2}$  tsp) dried oregano\*
  - 2.5 mL ( $\frac{1}{2}$  tsp) dried basil\* and/or parsley
- Equipment List
  - Cheese grater
  - 2 Cutting boards
  - Electric skillet
  - 2 Knives
  - Whisk
  - Spatula
  - Flipper
  - Large plate for serving
  - 1 liquid measuring cup

*Let's Get Cookin'!*

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- Mixing bowl (large)
- 2 Mixing bowls (small)
- 1 set of dry measuring cups
- 1 set of measuring spoons
- Small plates and utensils for sampling
- Strainer

**\* Check staples supply**

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

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