



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 (½ tsp) dried oregano*
 - 2.5 mL (½ 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



- 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**