

# Grocery & Supply List for January 2021 Kids Cooking Class Grades 2-5

## Tuesday January 12th - Yogurt Dips (3) with Fruits and Veggies

<u>Produce</u> 3 apples (any kind) 1 lemon 1 cucumber 2 carrots	<u>Dairy</u> 2.5 cups yogurt (Plain)	<u>Oils/Vinegars/Etc.</u> 3 TBS honey 2 TBS nut/seed butter 1/4 tsp vanilla 1 tsp apple cider vinegar	<u>Pantry (Dry)</u> 1 tsp salt 1/4 tsp garlic powder 1/4 tsp onion powder 1/4 tsp dried dill 1/4 tsp ground pepper
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## Tuesday January 19th - Root Veggie Salad

<u>Produce</u> 6 large carrots 2 medium beets (any kind) 1 parsnip (or 2 carrots) 1 orange 1 lemon 1-inch fresh ginger	<u>Oils/Vinegars/Etc.</u> 1/2 cup olive oil 1/4 cup honey 1 tsp yellow mustard	<u>Pantry (Dry)</u> 1/2 cup dried cranberries or raisins 1 tsp ground ginger 1/2 tsp salt
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## Tuesday January 26th - Spring Rolls & Dipping Sauce

<u>Produce</u> 3 limes OR lime juice 1-2 cloves garlic 1 carrot 1 cucumber 1 bunch green onions 1 bunch cilantro/parsley 1 apple 1 bunch radishes	<u>Oils/Vinegars/Etc.</u> 1/4 cup soy sauce/tamari/liquid aminos 1/4 cup peanut butter/other nut/seed butter 1/8 cup toasted sesame oil 1 tsp honey 1 tsp chili paste (optional)	<u>Pantry</u> 1 pkg rice paper wrappers 1 tsp ground ginger
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## Tuesday February 2nd - No-Bake Granola & Yogurt Parfaits

<u>Dairy/Produce</u> 2 cups yogurt 1 lemon	<u>Oils/Vinegars/Etc.</u> 1/2 cup nut/seed butter 2 TBS honey 1/2 tsp vanilla	<u>Pantry</u> 1/4 cup rice krispie cereal 1/2 tsp salt 1 cup oats 1/4 cup oat flour/ground flaxseed 3/4 cup mix-ins (dried fruit, nuts, seeds, chocolate chips) 1/2 cup granulated sugar	<u>Frozen</u> 2 cups frozen strawberries
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## Supply List

Small bowls Medium bowls Large bowls Measuring cups Measuring spoons Small jars with lids (or cups)	Whisk/Fork Rubber spatula Wooden spoon Spoons Paring knife Scissors (optional) Cutting board	Microwave (optional) Citrus reamer Grater Plates Shallow bowl Wax paper (optional)
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