



Fabulous Fruit

Shopping and Equipment List

Shopping List:

Fresh or Frozen blueberries (4 cups, approx. 600g)
Fresh fruit e.g., melon, bananas, grapes, oranges, berries (5 cups, 1 ¼ L)
Low fat vanilla yogurt (300mL, approx. 300g)
1 Orange
Non-hydrogenated margarine (1 Tbsp., 15mL)
Pasteurized liquid egg white (1/4 cup., 60mL)
Milk (¼ cup, 60mL)
Orange juice (1/2 cup +4 tsp, 145mL)
Honey-pasteurized (3 Tbsp., 45mL)
Sugar *
Cinnamon *
All purpose flour *
Baking powder *
Salt *
Vanilla extract *

Equipment List:

4 Cutting boards
Electric skillet with lid
Grater
4 Knives
Liquid measuring cup
2 Mixing bowls (large)
2 Mixing bowls (small)
2 Sets of dry measuring cups
2 Sets of measuring spoons
Set of bowls/plates and cutlery for sampling
Spatula
2 Spoons

* Frequently used ingredients from Staples List

Blueberry Bliss – makes 15 sample size servings

Fruit Salad – makes 25 sample size servings

Let's Get Cookin'!