



Winning Weekends

Shopping and Equipment List

Shopping List:

1 Banana
 4 Carrots
 1 Large cucumber
 1 Red pepper
 1 Green pepper
 1 Head of romaine lettuce
 Fresh or frozen mixed berries (2 cups, 500 mL)
 Cheddar cheese (375 mL, approx. 190 g)
 Pasteurized liquid egg white (100 mL-equivalent to 2 eggs)
 Plain yogurt (250 mL, approx. 250 g)
 Skim milk (½ cup, 125 mL)
 Orange juice (75 mL)
 1 Package of rice paper sheets
 Brown sugar (¼ cup, 60 mL)
 Sweet Chili Sauce
 Cornstarch *
 Sugar *
 Rolled oats *
 All purpose flour *
 Baking powder *
 Baking soda *
 Salt *
 Vanilla extract *
 Canola oil *

* Frequently used ingredients from Staples List

Banana Oatmeal Pancakes & Sweet Berry Sauce - makes 15-20 sample size servings

Rice Paper Veggie Rolls – makes 20-25 sample size servings

Equipment List:

Cheese grater
 5 Cutting boards
 1 - 2 Electric skillets (sauce can be made in same skillet as pancakes)
 Flipper
 2 Forks
 5 Knives
 3 Mixing bowls (large)
 1 Mixing bowl (small)
 2 Liquid measuring cups
 2 Large plates for serving
 2 Sets of dry measuring cups
 2 Sets of measuring spoons
 Whisk
 2 Spatulas
 2 Spoons
 Strainer
 Set of plates and cutlery for sampling
 Vegetable peeler

Let's Get Cookin'!