

SHOPPING LIST

11/30 - 12/1

Family Dinner: Roasted Root Vegetable Flatbread

For toppings: A medley of root vegetables such as carrots, turnips or beets, a few tablespoons of olive oil, salt, herbs such as rosemary, thyme, or sage.

For flatbread: 3 cups all-purpose flour, 2 teaspoons baking powder, 1 1/2 teaspoon salt, 3 tablespoons olive oil or vegetable oil, 1 cup ice water, 2 to 3 tablespoons vegetable oil

Equipment: knife, cutting board, sheet pan, skillet, rolling pin

Brunch Bunch: Deviled Eggs and Green Smoothies

For deviled eggs: eggs [as many as you would like to make], mayonnaise, dijon mustard, salt and pepper, paprika

For smoothie: frozen pineapple, kale or spinach, green apple, banana [preferably frozen], honey, non-dairy or regular milk

Equipment: ziplock bag or piping bag, sauce pan, blender

