



# 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)  
 1 egg  
 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'!*