



## Grocery and equipment list:

# Quinoa Bake and Homemade Turtles

### QUINOA BAKE

#### Fridge:

½ cup milk  
1 cup cottage cheese  
1 Large leek  
100 grams sharp cheddar cheese (1 cup grated)  
1-pint (2 cups) grape tomatoes  
2 cups (½-5 oz container) fresh spinach  
200 grams medium cheddar cheese (2 cups shredded)  
4 eggs

#### Pantry:

2 garlic cloves  
Dry quinoa  
Freshly ground black pepper  
Kosher salt  
Olive oil

#### Equipment:

9x13 baking dish  
Measuring cups and spoons  
Medium skillet with lid  
Oven  
Oven mitts  
Spoons  
Tongs  
Trivet

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### HOMEMADE 'TURTLES'

#### Pantry:

¾ cup pecans (45 pieces) or if nut allergic, use salted pretzels  
100 grams chocolate (dark or semisweet)  
5 large Medjool dates  
Fleur de Sel or Maldon sea salt (if you don't have it use Kosher salt, but it is delicious on the turtles!)  
Vanilla extract



#### Equipment:

Baking sheet  
Microwave  
Parchment paper  
Small food processor, blender, or  
Magic/Nutribullet  
Small microwave safe bowl  
Spoon