



## Grocery and equipment list:

### Three cheese pasta bake and apple cinnamon muffins

#### THREE CHEESE PASTA BAKE – Makes 9 servings

##### Fridge:

1 Tbsp fresh basil (or 1 tsp dried)  
1/2 cup grated parmesan cheese  
2 large eggs  
3 cups shredded mozzarella cheese  
450-500 g container ricotta cheese

##### Pantry:

1 box or bag of penne pasta (454-500 grams)  
1 tsp dried basil (or 1 Tbsp fresh basil)  
3 cups marinara sauce (I like White Linen from Costco)  
Freshly ground black pepper  
Kosher salt

##### Equipment:

9x13 baking dish  
Cutting board  
Grater  
Knife  
Large pot  
Measuring cups  
Measuring spoons  
Medium bowl  
Oven  
Oven mitts  
Rubber spatula or wooden spoon  
Slotted spoon  
Strainer  
Trivet  
Whisk

## Grocery and equipment list: Three cheese pasta bake and apple cinnamon muffins

### APPLE CINNAMON MUFFINS – Makes 12

#### Fridge:

2 large eggs  
buttermilk

#### Pantry:

1 cup applesauce  
1 large red apple (Gala, pink lady, etc.)  
1/4 cup pecans (can also use walnuts and if allergic can substitute oats)  
2 Tbsp unsalted butter  
All-purpose flour  
Baking soda  
Brown sugar  
Chosen Foods avocado oil  
Ground cinnamon  
Large flake oats  
Sea salt  
Spelt flour (or whole wheat flour, or if have neither substitute with all-purpose flour)  
Vanilla extract

#### Equipment:

12 cup muffin tin  
Cooling rack  
Cutting board  
Knife  
Large bowl  
Measuring cups  
Measuring spoons  
Medium bowl  
Muffin tin liners (I like Paper Chef)  
Oven  
Oven mitts  
Small bowl  
Spoon  
Trivet

