



Grocery and Equipment list:

Apple pie smoothie, family style sheet pan pancake and strawberry spinach salad

APPLE PIE SMOOTHIE – 2 SERVINGS

Fridge:

½ cup vanilla Greek yogurt (or plain Greek yogurt + 2 tsp maple syrup)
1 red apple
Unsweetened almond milk (or milk of your choice)

Pantry:

1 banana, just ripe
Cinnamon sticks (optional)
Ground cinnamon
Ground cloves
Ground flaxseeds
Ground nutmeg
Rolled oats

Freezer:

Ice cubes

Equipment:

Blender, Magic Bullet or Nutribullet
Cutting board
Glasses
Knife
Measuring spoons and cups



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FAMILY STYLE SHEET PAN PANCAKE

Fridge:

1 banana
1 cup fresh strawberries
3 cups buttermilk
3 large eggs
Maple syrup
Unsalted butter

Pantry:

All-purpose flour
Baking powder
Baking soda
Chocolate chips (optional)
Coarse sugar
Sea salt
Spelt flour (I like Bob's Red Mill)
Vanilla extract

Equipment:

18 x 13 x 1 sheet pan (this is a typical small sheet pan. Measurements are important for this recipe)
Cutting board
Knife
Large bowl
Medium bowl
Oven
Oven mitts
Pastry brush
Trivet
Whisk



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STRAWBERRY SPINACH SALAD (SERVES – 10) – cut amounts in ½ if serving 4-5

Fridge:

½ cup slivered almonds
1 lb (454 grams) fresh strawberries
11 oz container baby spinach
1 green onion
Poppy seeds
Sesame seeds
Worcestershire sauce

Pantry:

Apple cider vinegar
Avocado oil (I like Chosen Foods brand)
Granulated sugar
Paprika

Equipment:

Cutting board
Knife
Large salad bowl and servers
Measuring cups and spoons
Small jar with lid
Small skillet
Spatula