



Grocery and equipment list:

Spanakopita bake, mixed berry salad, and chocolate sheet pan cake with fudgy icing

SPANAKOPITA BAKE – Makes 4-5 servings (or 9 pieces for a brunch)

Fridge:

1 cup milk (any unsweetened milk works)
 1/2 cup feta cheese (block or crumbled)
 1/2 cup mozzarella cheese (block or shredded)
 2 large eggs
 2 Tbs parmesan cheese (block or grated)
 4 Tbsp unsalted butter
 Fresh dill
 Large container (approximately 312 g/11 oz.) pre-washed baby spinach

Pantry:

Extra virgin olive oil
 All-purpose flour
 Baking powder
 Cooking spray
 Sea salt
 3 medium shallots (1/4 cup chopped)



Equipment:

8x8 baking dish
 Large bowl
 Large sauté pan
 Measuring cups and spoons
 Oven
 Oven mitts
 Paper towel
 Spatula
 Strainer
 Tongs
 Trivet
 Whisk

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MIXED BERRY SPINACH SALAD (Makes 10 servings) – cut amounts in ½ if serving 4-5

Fridge:

1/2 cup slivered almonds
1 lb (454 grams) fresh berries (strawberries,
blackberries, and/or raspberries)
Large container (approximately 312 g/11 oz.) pre-
washed baby spinach
1 green onion
Poppy seeds (can substitute chia seeds)
Sesame seeds (can substitute hemp hearts)
Worcestershire sauce

Pantry:

Apple cider vinegar
Avocado oil (Chosen Foods) or canola oil
Fresh avocado (optional)
Paprika
white sugar

Equipment:

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



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CHOCOLATE SHEET PAN CAKE WITH FUDGY ICING – Makes 40 small squares (or 20 medium)

Fridge:

1/2 cup buttermilk (or milk + 1 tsp lemon juice, but my preference is to use buttermilk!)

2 large eggs

2 sticks (1 cup) unsalted butter

Milk

Pantry:

1 cup brewed coffee (if cold, can reheat in microwave)

3 cups powdered icing sugar

All-purpose flour

Baking soda

Cocoa powder

Sea salt

Vanilla extract

White sugar



Equipment:

18 x 13-inch sheet pan. This is a typical small sheet pan. Measurements are important for this recipe. If you have a slightly larger or smaller pan, it is okay, but make sure that it is around the same size.

Large bowl

Measuring cups and spoons

Medium saucepan

Offset spatula

Oven mitts

Small saucepan

Trivet

Whisk

Wooden spoon or rubber spatula