

Grocery and equipment list:

Treasure hunt soup, quesadillas, and banana chocolate chip muffins

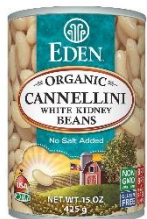
TREASURE HUNT MINISTRONE SOUP – Makes 6 servings

Fridge:

2 carrots
2 cups fresh baby spinach
2 ribs celery
3 medium zucchini
Fresh flat leaf parsley
Freshly grated parmesan cheese (for garnish)
Piece of rind from parmesan cheese (about 2x3 inches)

Pantry:

1/2 cup farro
14 oz (400-gram) can diced tomatoes with juices
14 oz (400-gram) cannellini beans (white kidney beans)
6 cups low sodium vegetable broth
Dried basil
Dried oregano
Extra virgin olive oil
Fresh garlic bulb
Freshly ground black pepper
Kosher salt
White or yellow onion



Equipment:

Can opener
Colander
Cutting board
Grater
Knife
Large soup pot or Dutch oven
Measuring cups
Measuring spoons
Spatula or tongs



Grocery and equipment list: Treasure hunt soup, quesadillas, and banana chocolate chip muffins

QUESADILLAS – Makes 4 servings

Fridge:

1 sweet bell pepper (any colour)
8 square flat slices cheddar cheese
Guacamole, optional to serve
Salsa, optional to serve
Sour cream, optional to serve

Pantry:

8 small tortillas



Equipment:

Cutting board
Knife
Large non-stick pan (cast iron if available)
Spatula

Grocery and equipment list:

Treasure hunt soup, quesadillas, and banana chocolate chip muffins

BANANA CHOCOLATE CHIP MUFFINS – Makes 12 muffins

Fridge:

1 large egg
Plain yogurt

Pantry:

2 medium very ripe bananas
All-purpose flour
Avocado oil (e.x. Chosen Foods) or canola oil
Baking soda
Brown sugar
Chocolate chips
Sea salt
Spelt flour
Vanilla extract

Equipment:

12-cup muffin tin
Cooling rack
Ice-cream scoop, optional
Large bowl
Measuring cups and spoons
Medium bowl
Muffin liners
Oven
Oven mitts
Sifter
Small bowl
Toothpick
Trivet

