



Grocery and Equipment list for: Vegetarian Burritos and Trail Mix Cookies

Vegetarian Burritos

Fridge:

2 carrots
1 cup grated cheddar cheese

Pantry:

1 small can (398 ml) black beans
Salsa (mild, medium, or hot – your choice)
6-8 large tortilla wraps
White rice or quinoa (your choice)

Frozen:

Corn kernels (or you can use fresh off the cob, or canned)

Equipment:

Baking sheet
Can opener
Cutting board
Grater (for carrot and cheese)
Knife
Large mixing bowl
Large plastic Ziploc (to store burritos)
Liquid and dry measuring cups
Medium pot with lid
Plastic wrap (to store burritos)
Spoon
Stove (to cook rice or quinoa)
Strainer
To heat tortilla – pan or panini press
Vegetable peeler



Grocery and Equipment list for: Vegetarian Burritos and Trail Mix Cookies

Trail mix cookies

Fridge:

1 large egg
Ground flaxseed

Pantry:

Avocado oil (Chosen Foods brand) or Canola oil
Baking powder
Baking soda
Chocolate chips
Dried cranberries
Ground cinnamon
Honey
Large flake rolled oats
Pumpkin seeds, shelled (salted or unsalted)
Pure vanilla extract
Sea salt
Spelt flour
Sunflower seeds, shelled (salted or unsalted)
Tahini (I like Alkanater brand from Metro or Ararat,
or any other tahini that is runny and not too thick)
Unsweetened shredded coconut

Equipment:

Baking sheet
Large bowl
Large freezer bagger (to store them)
Liquid and dry measuring cups
Oven
Parchment paper
Rubber spatula
Small bowl
Small cookie scoop or Tablespoon
Spatula to lift up cookies
Trivet
Wire cooling rack