



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

## Community Beginner Class: Week 2

### Shopping List

#### RECIPES FOR CLASS

##### Group 2

Oat Pancakes with Fruit Sauce

Tropical Carrot Smoothie

#### ALLERGENS

Dairy, Wheat, Egg

Dairy

#### RESTRICTIONS

Vegetarian

Vegetarian

#### SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Dairy	Egg	1	each
	Dairy	Milk or Buttermilk	1 3/4	cups
	Dairy	Unsweetened Alternative Milk or Milk	1 1/2	cups
	Dry	Baking Powder	1	tsp
	Dry	Baking Soda	3/4	tsp
	Dry	Brown Sugar	1	Tbsp
	Dry	Olive or Canola Oil	1	Tbsp
	Dry	Quick Oats	3/4	cups
	Dry	Sugar	1/2	Tbsp
	Dry	Vanilla Extract	2	tsp
	Dry	Whole Wheat Flour	3/4	cup
	Fresh or Frozen	Bananas, over-ripe	2	medium
	Fresh or Frozen	Carrots, or Butternut Squash peeled	1	cup
	Frozen	Frozen Strawberries or Fruit of Choice	1	cup
	Frozen	Mango, frozen dices	1	cup
	Produce	Ginger, freshly minced	1"	piece
	Spice	Cinnamon, ground	1/2	tsp