

Eco Friendly Cooking for Beginners – Grocery List

Fruits:

- Bananas - 3 large or 4 medium - should be very ripe on baking day – try to “rescue” bananas that would otherwise go to waste at the store or in your kitchen
- Dried apricots (or golden raisins) – produced in California preferred – enough to make ½ cup chopped
- Lemons – 3 medium – California grown preferred

Vegetables (locally grown preferred):

- Garlic – 1 head
- Swiss chard – 1 large bunch
- Radishes – 1 bunch
- Red onion – 1 medium
- Carrots – 2 medium
- Kale – 1 large bunch
- Parsley – 1 bunch

Pantry Goods:

- Honey (local preferred)
- Ground flaxseeds
- Olive oil (California produced preferred)
- Vanilla extract
- Whole wheat pastry flour
- Rolled oats
- Baking powder
- Baking soda
- Sea salt (ground or granulated)
- Ground ginger
- Walnuts or pecans (California grown preferred)
- Red pepper flakes
- Black pepper (will use ground in recipes)
- White quinoa (look for organic and fair trade)
- Vegetable broth
- Great northern or cannellini beans (one 15-ounce can)

Other:

- Dairy free milk (soy, oat, or pea-based preferred; original, vanilla, or unsweetened)
- Hummus (store bought, classic or lemon flavor)
- Green goddess salad dressing (store bought, plant based preferred)