



Healthy Desserts Class Preparation

Equipment: These are the tools that will be needed to complete this class. I am including links to my favorites, but whatever you have at home will do. If you do not have something, reach out and ask me before buying. There is frequently a way to do the job without a specific tool.

Chef's knife	4-6 qt. pot
Microplane	Mixing bowls (variety of sizes)
Cutting Board	Stick Blender (can sub regular blender)
1 qt. Saucepan - for double boiling	Measuring spoons
Fry pan to toast hazelnuts	Measuring cups, liquid and dry
Blender	Ladle

Prep: This is the mise en place or preparation needed to be completed before the class. If this is not completed, it will be impossible to keep up with the class. [This video](#) will illustrate exactly what to do.

- Prior to class, please prepare your chocolate truffle mixture. Prepare this at least 3-4 hours in advance of class so that it has time to chill completely. This can be done the day before.
- Soak 1 cup of raw cashews in filtered water for at least 2 hours. If you forget, you can soak them in hot water for at least 30 minutes.
- If you choose to make [vegan parmesan](#) for your pasta, now is the time to do it!

Have all equipment out and ready to use for class.

- For more recommendations on my favorite equipment visit "[My Favorite Products](#)" on the [Cook Colorful](#) website.