



Fall Favorites Class Shopping List

Produce	Pantry (cont.)
Fresh sage	14-16 oz. bag dried green split peas
Medium yellow onion	9 oz. dark chocolate (I like the Trader Joe's 72% pound plus bar)*
1 head of garlic	1 can Coconut milk
Refrigerator	Cashew butter (only if you choose not to make it yourself) - can substitute any smooth low flavor nut butter or even tahini!
Vegan Parmesan	100% organic Maple syrup
Vegan butter (I like Myoko's)	Vanilla extract
Pantry	Salted macadamia nuts
1 15oz. can organic pumpkin puree	Cinnamon
2 cups raw cashews (1 cup soaked for pasta and 1 cup for cashew butter for truffles)	Nutmeg
Nutritional yeast	Cayenne (optional)
2-3 quarts Organic Vegetable stock/broth (I like Trader Joes)	Kosher Salt & Pepper
¼ cup toasted hazelnuts (lightly salted is fine)	Curry Powder

- All of the above ingredients should be available at Whole Foods or Trader Joe's. If you wish to buy on Amazon, I have included links. As an Amazon Associate, I may earn a small commission when you purchase through these links.
- When purchasing produce, I always suggest organic when possible. Based on the EWG's dirty dozen, we are not using any of the dirty dozen in this menu..
- Anytime we use animal protein, I always suggest you choose organic, free range or grass fed. For fish I suggest wild caught small fish whenever possible.

*See back of page

- When roasting or sauteing, I recommend using [avocado oil](#) when possible. I prefer a good organic and cold pressed [olive oil](#) for sauces or to drizzle over already roasted vegetables.

* I have NIMA tested the Trader Joe's Pound Plus Bar many times and it has always come back free of gluten. However, use whatever chocolate you like and feel comfortable with. You can also substitute chocolate chips! For sugar free/DF/GF I really like [Pascha Chocolate Bars](#).