



“An Apple for the Teacher” Class Shopping List

Produce	½ cup Granulated Monk fruit or Allulose
2 ½-3 lbs. Winter Squash (acorn, butternut, delicata, kabocha - NOT spaghetti)	½ cup dried cranberries/cherries or chopped dates (plus a few extra for the top)
1 medium yellow onion	½ cup pecan pieces (substitute your favorite nut)
1-2 apples, Pink Lady or Granny Smith (~1lb total)	Coconut sugar
5 medium Pink Lady Apples (~1 ¾ lbs)	Gluten Free Flour (I used King Arthur Measure for Measure Flour)
1 Granny Smith Apple	Hemp hearts (substitute any seed/nut) - 3 Tbs.
1 bulb fennel	Raw, organic Apple Cider Vinegar (with Mother)
1 small bulb kohlrabi	Maple syrup
1 small shallot	Vanilla extract
10 oz. bag of chopped kale (any variety)	Dijon mustard
Chopped fresh cranberries & apples for soup garnish (optional)	½ cup organic raisins
Refrigerator	Raw, organic honey
Organic Apple Cider (1 cup)	Extra Virgin Olive Oil
3 large eggs	¼ cup dark rum (optional, but great!)
Vegan Butter (I like Myoko's)	3 cups vegetable broth
Heavy Cashew Milk (I made it with 1 cup cashews to 3 cups water) substitute: any nut milk OR combination of nut milk and nut creamer	Spices: Sumac (substitute nutmeg), cinnamon, cardamom, salt and pepper
Pantry (see next column)	

- I separated the apples needed for class out by recipe. Feel free to buy a large bag of one either Pink Lady or Granny Smith if you prefer, just be cognizant of the weights

- Salad ingredients can be substituted or omitted based on availability and preference. This is how I like to make this salad, but, feel free to change it up!
- The Sumac I linked is the one that I use and the only one I have found that is GF. If you are not concerned with cross contamination, you should be able to find it at Wegmans or Whole Foods.
- All of the above ingredients should be available at Whole Foods except for the Dark Rum. 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, you should definitely purchase organic apples and kale if at all possible.
- 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. We won't be using any animal protein in this class.
- 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.