



Spring Frittata Class Shopping List

Produce	Refrigerator
1 lb. sweet potato	½ cup cashew creme (½ cup raw cashews to ¾ cup filtered water)
½ lb. thin asparagus	10 organic, pastured large eggs
4 scallions/ 1 leek or 2 spring onions	Pantry
1 large bunch Flat leaf parsley	Fine sea salt and kosher salt
chives	Garlic powder
1-2 lemons	Freshly ground black pepper
1 head garlic	Avocado Oil and Olive oil
1 additional scallion	Vegan Parmesan (optional see recipe)
Fresh dill (optional)	½ cup hemp hearts or sub sesame seeds
2 lbs. Yukon gold or red New potatoes	½ cup pepitas (raw, hulled pumpkin seeds)
1 stem rosemary (optional)	1 tsp. Maple syrup
6 oz. bag of organic baby spinach	cinnamon
½ small red onion	cayenne
1 qt. Organic strawberries	3 Tbsp. balsamic vinegar
Freezer	1 Tbsp. Dijon mustard
Frozen artichoke hearts (about 3 oz)	

- All of the above ingredients should be available at Whole Foods or Wegmans. 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 strawberries and spinach 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.
- 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.