

This Week's Shopping List:

Oils/Fats

Coconut Oil	4 cups	= approx. 8 ½ fl oz / 500 ml
Cacao Butter	⅔ cup	= approx. 4 oz / 110 g

'Dry' Pantry ingredients - Nuts, Seeds, Dried Fruits, Superfood Powders

Coconut (<i>flaked/shredded</i>)	4 ½ cups	= approx. 9 oz / 250 g
Cashews	5 ½ cups	= approx. 2 ¼ lbs / 1 kg
Almonds	1 ½ cups	= approx. 9 oz / 255 g
Walnuts	1 cup	= approx. 6 oz / 170g
Pecans	1 cup	= approx. 6 oz / 170g
Hazelnuts	½ cup	= approx. 6 oz / 85 g
Macadamia Nuts	½ cup	= approx. 6 oz / 85 g
Chia Seeds	⅔ cup	= approx. 4 oz / 110 g
Dates	15 ½ cups	= approx. 4 ½ lbs / 2 kg
Raisins	½ cup	= approx. 2 ½ oz / 70 g
Cacao Powder	1 ½ cups	= approx. 5 oz / 135 g

'Wet' ingredients - Nuts, Seeds, Nut Butters

Try always get BPA free cans when possible! 1 tin = 1 ½ cup = 13 ½ oz / 400ml

Spring Water	approx. 1 gallon / 3 ½ litres	
Coconut Cream	6 cups	= approx. 26 fl oz / 750 ml (4 tins)
Tahini (<i>Sesame Seed paste</i>)	12 tbsp	= approx. 13 oz / 375 g
Nut Butter (<i>your choice</i>)	2 tbsp	

Spices, Extracts, and (food grade) Essential Oils

Vanilla Extract	16 tsp	= approx. 3 fl oz / 80 ml
Hazelnut Extract	1 tsp	
Cinnamon (<i>ground</i>)	3 tsp	
Sea Salt	4 tsp	
Peppermint E.Oil (<i>food grade</i>)	16 drops	

Natural Sweeteners

Maple Syrup	2 ½ cup	= approx. 22 fl oz / 650 ml
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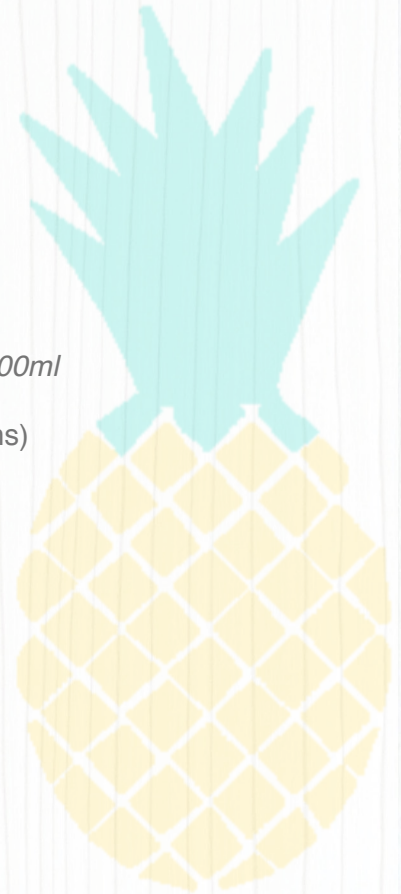
Can also use Honey or Coconut Blossom Syrup instead of Maple Syrup.

Fresh Fruit & Fresh Herbs

Bananas	3 medium size
Strawberries	1 ½ cup
Blueberries	½ cup
Mango	1 small
Pineapple	½ small
Lemon	3 medium size
Fresh Peppermint	1-2 bunches

Optional Toppings/Decorating Desserts:

Cacao Nibs	½ cup
Fresh Berries	1 cup
Fresh Mint leaves	¼ cup
Dried Banana chips	¼ cup
Dessicated Coconut	¼ cup
Chopped Nuts	½ cup your choice (hazelnuts/almonds)
Small amount for sprinkles - Rose petals, Calendula petals and Lavender flowers.	



Please Note: I've calculated these amounts based on making 1 of each, of ALL recipes shared in this Module.

There are over 30 recipes in this Module!

This list lasts us over 1 month+ worth of Sweets!

