



# MAKE IT FUN HEALTH

## Daring Adventure Cooking Jam - Week 5 Grocery List

### Produce

- **Assorted regular potatoes** - whatever kind you like
- **Sweet potatoes** - enough to roast for the mash, bowls, and plain snacking
- **Tiny potatoes** - such as creamer or fingerling
- **Butternut squash:** 1
- **Carrots:** 1 bag
- **Onions:** 2
- **Garlic:** 1 bulb
- **Celery:** 1 bunch
- **Fresh rosemary:** (optional)
- **Lemon, lime, or apple cider vinegar**

### Pantry, Dry Goods & Canned

- **Parchment paper** - for oil-free, non-stick roasting
- **No or low-sodium veggie broth** - 24 - 32 ounces
- **Wild rice:** 1 cup
- **Raisins or dates**
- **Chopped walnuts** - 1/4 cup
- **Sliced almonds** - 1/4 cup

### Refrigerated

- **Cashew or other plant-based milk**

## Spices & Seasonings

- **Dried sage**
- **Ground thyme**
- **Ground nutmeg**
- **Black pepper**
- **Garlic powder or smoked paprika**
- **Ground cinnamon** - optional, if making the sweet mashed potatoes

**You can do it when you make it fun!**