# Shopping List for October 21

## Chocolate Chip Zucchini Muffins & Autumn Soup

Read the recipes first so you will have an idea of how much to buy. You probably have many of these ingredients already. Computer and Internet in your kitchen is necessary for participation.EG cardholders: Ask us about borrowing a laptop and hotspot. The next classes will be November 18 and December 16.

**Ingredients**

Whole Wheat flour

Baking Powder

Baking Soda

Cinnamon

Unsweetened applesauce

Oil (canola, olive, or vegetable)

Non-fat milk

1 banana

Brown sugar

1 zucchini (med or large)

Chocolate chips (semi-sweet, dark, milk chocolate, espresso-all are good)

1 butternut squash

1 onion

2 apples

4 oz. Cream cheese-Neuchatel or subs: vegan/nut-based cream cheese, Greek yogurt

**Tools**

Paper towels

Microwave safe plate

Large saucepan/soup pot with lid

Blender, immersion blender or food processor

Chef’s knife

Whisk

Muffin tin(s) for 12

Muffin tin liners or you can grease the muffin tin.

Large mixing bowl

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