

Shopping List for Cooking with Kids Series July 2022

www.tamingtwins.com

WEEK 1

1 Red Onion

1 Avocado

1 Lime

1 Cucumber

125g Unsalted Butter

Natural Yoghurt

480g Salmon Fillets

1 Egg

75g Light Brown Sugar

225g Plain Flour

125g Mixed chocolates (M&M's, Smarties or choc chunks)

75g Caster Sugar

165g Tinned Sweetcorn

Small Tortilla Wraps Pack of 8

Storecupboard:

(Check you have these)

Mint Sauce

Cajun spice mix

Bicarbonate of Soda