Kitchen Staples

Class

KITCHEN STAPLES

- Sauerkraut
- Bone broth (fresh and/or frozen)
- 1-2 salad dressings or sauces on hand at all times

Bone broth based soup
Roasted cauliflower salad with tahini drizzle
Avocado toast with vegan pesto
Roasted veggies with tahini drizzle
Almond butter cups

FEBRUARY 6TH SPRING MENU

SUGGESTIONS FOR USE OF STAPLES

Tahina and pesto: Drizzle on salads, bowls, on wraps, on baked potatoes, toast, eggs, roasted veggies
Bone broth: Use for cooking soups, rice and grains, beans, drink straight for collagen support
Almond butter cups: Can be eaten for breakfast or dessert