

Your Plant-Based

Christmas

Shopping List

Fresh Produce:

- 3 large carrots
- 1 cucumber
- 1 bunch of orange baby carrots
- 1 bunch of purple baby carrots
- 700g baby potatoes
- 1 bunch of broccolini or a head of broccoli
- a few sprigs of fresh rosemary
- 2 cups cherry tomatoes
- 3 large lemons
- 1 punnet of strawberries
- 1 packet of arugula or dark leafy greens
- 1 large sweet potato
- 1 pomegranate
- 1 apple

Refrigerated or frozen:

- 1 tub Angel Foods Cream Cheese (you'll find this in the vegetarian section or with the other cream cheese at most New Zealand Supermarkets).
- 1 tub plant based ice cream (little island Vanilla is good)

Packaged or bulk bins:

- 2 cups vital wheat gluten (find this at the Bin Inn or commonsense organics)
- 1/2 cup raw cashews
- 1 packet of dried dates or 300g medjool dates
- Vanilla essence
- Baking soda
- Cornflour
- Pearl barley or quinoa
- 1 cup pecans
- 1 can coconut cream
- Rice wine vinegar
- Balsamic vinegar
- Black pepper
- Garlic granules
- Onion powder
- Dried mint
- Dried sage
- Maple syrup
- Nutritional yeast
- Miso paste
- liquid smoke (or smoked paprika)
- Tahini (sometimes this is in the health foods section)
- Olive oil
- Vegetable stock (at least 1L) or 4 stock cubes
- Soy sauce (at least 500ml)
- 1 cup red wine of your choice (or 1/2 cup red wine vinegar)
- 10 mini bagels (or substitute for an extra baguette)
- 1 large baguette