

SHOPPING LIST - Winter Spices

- Heavy whipping cream
 - 1 bunch of cilantro
 - 1 Fresh ginger root
 - Powdered ginger
 - Powdered turmeric
 - Ground cinnamon
 - Coarse salt
 - Honey
 - 3 Lemons
 - Cinnamon sticks
 - Coriander seeds
 - Vanilla bean
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- Please note that lesson plan
 - quantities are designed for a class size of 18-24 children.
 - Please adjust recipe quantities accordingly after thoroughly reading through all activities.

