

SHOPPING LIST - Winter Spices

- 18-24 Clementines
 - 2 Lemons
 - 1 Fresh ginger root
 - Vanilla bean
 - 1 bunch fresh cilantro
 - Ground cinnamon, ginger, turmeric and paprika
 - Cinnamon sticks
 - Cilantro seeds
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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.

