4 WEEKS TO FILL YOUR FREEZER

WEEK 4: SNACKS AND DESSERT GROCERY LIST

GROCERY ITEMS

- [ ] 1 ½ cups + 1/3 cup all purpose flour
- [ ] 3 ½ cup white whole wheat flour
- [ ] 3 teaspoons baking powder
- [ ] 2 ½ teaspoon baking soda
- [ ] ¾ teaspoon salt + ½ teaspoon + ⅛ teaspoon
- [ ] 1 ½ stick butter + 2 tablespoons
- [ ] ½ cup light brown sugar
- [ ] 6 tablespoons granulated sugar
- [ ] 6 eggs
- [ ] 5 teaspoons vanilla extract
- [ ] 2 ½ cups chocolate chips
- [ ] ¾ cup peanut butter
- [ ] 2 ¾ cup rolled oats
- [ ] ⅓ cup honey
- [ ] 2 teaspoons pumpkin pie spice
- [ ] 1 can pumpkin puree
- [ ] ½ cup applesauce
- [ ] 1 cup maple syrup + ⅓ cup
- [ ] 3 bananas
- [ ] ¼ cup milk
- [ ] 3 teaspoons cinnamon
- [ ] ¾ cup shredded carrots
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FREEZER SUPPLIES

- [ ] 4 Gallon-sized freezer bags
- [ ] 1 Quart-sized freezer bag
- [ ] A marker for labeling bags
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