

AFTER-DINNER DESSERT BUFFET

●●●●● shopping list

PRODUCE

- 3 cups fresh blackberries
- 3 cups fresh blueberries
- 1 banana
- 1 cup apple juice
- 1 lemon
- 10 large blood oranges
- 1 bunch mint

DRIED GOODS, NUTS, AND PERISHABLES

- ½ cup chopped walnuts
- 1 cup almonds
- 3 cup pecans
- 8 large dates
- Soy milk

PANTRY

- Fine sea salt
- Arrowroot
- Organic raw cane sugar
- Whole-wheat pastry flour
- Pure maple syrup
- Coconut oil
- Rolled oats
- Dried unsweetened coconut
- Chocolate chips
- Pure vanilla extract
- Ground cinnamon
- Freshly grated nutmeg
- Ground ginger

- Grand Marnier