

Healthy Cuisine and Nutrition

assignment	item	per class	unit
brownies- standard	butter, unsalted	0.5	cup
brownies- standard	sugar, granulated	1	cup
brownies- standard	vanilla extract	1	tsp
brownies- standard	eggs	2	ea
brownies- standard	cocoa powder	0.3333	cup
brownies- standard	flour, AP	0.5	cup
brownies- standard	salt, iodized	0.25	tsp
brownies- standard	baking powder	0.25	tsp
brownies- standard	aluminum 8x8 pan	1	ea
brownies- vegan	oil, veg or canola	0.5	cup
brownies- vegan	sugar, granulated	1	cup
brownies- vegan	vanilla extract	1	tsp
brownies- vegan	tofu, silken	0.5	pack
brownies- vegan	cocoa powder	0.3333	cup
brownies- vegan	flour, AP	0.5	cup
brownies- vegan	salt, iodized	0.25	tsp
brownies- vegan	baking powder	0.25	tsp
brownies- vegan	aluminum 8x8 pan	1	ea
brownies- no added fat	applesauce, plain	0.5	cup
brownies- no added fat	sugar, granulated	1	cup
brownies- no added fat	vanilla extract	1	tsp
brownies- no added fat	eggs	3	ea
brownies- no added fat	cocoa powder	0.3333	cup
brownies- no added fat	flour, AP	0.5	cup
brownies- no added fat	salt, iodized	0.25	tsp
brownies- no added fat	baking powder	0.25	tsp
brownies- no added fat	aluminum 8x8 pan	1	ea
brownies- egg free	butter, unsalted	0.5	cup
brownies- egg free	sugar, granulated	1	cup
brownies- egg free	vanilla extract	1	tsp
brownies- egg free	flax seeds	2	tbsp
brownies- egg free	cocoa powder	0.3333	cup
brownies- egg free	flour, AP	0.5	cup
brownies- egg free	salt, iodized	0.25	tsp
brownies- egg free	baking powder	0.25	tsp
brownies- egg free	aluminum 8x8 pan	1	ea
brownies- sugar free	butter, unsalted	0.5	cup
brownies- sugar free	splenda or truvia	8	pack
brownies- sugar free	applesauce, plain	0.5	cup
brownies- sugar free	vanilla extract	1	tsp
brownies- sugar free	eggs	3	ea
brownies- sugar free	cocoa powder	0.3333	cup
brownies- sugar free	flour, AP	0.5	cup

brownies- sugar free	salt, iodized	0.25 tsp
brownies- sugar free	baking powder	0.25 tsp
brownies- sugar free	aluminum 8x8 pan	1 ea
brownies- no cholesterol	oil, veg or canola	0.5 cup
brownies- no cholesterol	sugar, granulated	1 cup
brownies- no cholesterol	vanilla extract	1 tsp
brownies- no cholesterol	egg whites	3 ea
brownies- no cholesterol	cocoa powder	0.3333 cup
brownies- no cholesterol	flour, AP	0.5 cup
brownies- no cholesterol	salt, iodized	0.25 tsp
brownies- no cholesterol	baking powder	0.25 tsp
brownies- no cholesterol	aluminum 8x8 pan	1 ea
brownies	pan spray	1 ea
brownies- gluten free	chocolate chips- dark	1 cup
brownies- gluten free	butter, unsalted	3 oz
brownies- gluten free	salt, iodized	0.5 tsp
brownies- gluten free	sugar, granulated	0.75 cup
brownies- gluten free	vanilla extract	1 tsp
brownies- gluten free	eggs	2 ea
brownies- gluten free	flour, almond	0.67 cup
brownies- gluten free	flour, rice	0.3333 cup
brownies- gluten free	aluminum 8x8 pan	1 ea

Amount	Unit	Item
1	ea	aluminum 8x8 pan
1	ea	aluminum 8x8 pan
1	ea	aluminum 8x8 pan
1	ea	aluminum 8x8 pan
1	ea	aluminum 8x8 pan
1	ea	aluminum 8x8 pan
1	ea	aluminum 8x8 pan
0.5	cup	applesauce, plain
0.5	cup	applesauce, plain
0.25	tsp	baking powder
0.25	tsp	baking powder
0.25	tsp	baking powder
0.25	tsp	baking powder
0.25	tsp	baking powder
0.25	tsp	baking powder
0.5	cup	butter, unsalted
0.5	cup	butter, unsalted
0.5	cup	butter, unsalted
3	oz	butter, unsalted
1	cup	chocolate chips- dark
0.3333	cup	cocoa powder
0.3333	cup	cocoa powder
0.3333	cup	cocoa powder
0.3333	cup	cocoa powder
0.3333	cup	cocoa powder
0.3333	cup	cocoa powder
3	ea	egg whites
2	ea	eggs
3	ea	eggs
3	ea	eggs
2	ea	eggs
2	tbsp	flax seeds
0.67	cup	flour, almond
0.5	cup	flour, AP
0.5	cup	flour, AP
0.5	cup	flour, AP
0.5	cup	flour, AP
0.5	cup	flour, AP
0.5	cup	flour, AP
0.3333	cup	flour, rice
0.5	cup	oil, veg or canola
0.5	cup	oil, veg or canola
1	ea	pan spray
0.25	tsp	salt, iodized

7	ea	aluminum 8x8 pan
1	cup	applesauce, plain
6	tsp	baking powder
15	oz	butter, unsalted
1	cup	chocolate chips, dark
2	cups	cocoa powder
13	ea	eggs
2	tbsp	flax seeds
2/3	cup	flour, almond
3	cups	flour, AP
1/3	cup	flour, rice
1	cup	oil, veg or canola
		pan spray
2	tsp	salt, iodized
8	packs	splenda or truvia
5.75	cups	sugar, granulated
0.5	packs	tofu, silken
7	tsp	vanilla extract

