

# Grocery List

## DRINK: LASSE

32 oz tub plain Greek yogurt,\* white sugar, water, ice, fruit of choice to flavor  
(no spices needed)

## SALAD: KACHUMBER

2 cucumbers, 1 white onion, 1 package roma tomatoes, 1 small green chili, 1 bunch of fresh mint, olive oil to taste  
(spices: crushed black pepper, salt, red crushed pepper)

## MAIN COURSE: PARATHAS

wheat or white flour\*, salt, warm water, between 4-8 medium to large size potatoes, 1 green chili, 1 bunch green onions, 1 bunch cilantro, 1 small or medium onion, 1 bunch fresh mint, 1 tub plain Greek yogurt  
(spices: crushed red pepper flakes, dry coriander powder, cumin powder, dry pomegranate seeds, salt, turmeric)

## COOKING TOOLS

blender, rolling pin, sharp knives for cutting, cutting board, measuring spoons, plates or small bowls for prep, strainer, vegetable peeler, spatulas, pots and pans

## SUBSTITUTION IDEAS

- **For Yogurt:** You can use a non-dairy based yogurt such as almond milk, coconut milk, plant-based, non-dairy Chobani, etc.
- **For Flour:** You can use a gluten-free flour