Together We Cook

July shopping list

To make:

- Layered Fruit Pot
- Layered Tuna and Bean Salad

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3 tablespoons of muesli or no sugar cereal	
1 small pot plain yogurt	
handful of strawberries	
400g can kidney beans or mixed beans	
2 large tomatoes or 4 cherry tomatoes	
½ cucumber	
1 small red onion	
198g can sweetcorn	
145g tin tuna chunks in oil	
small bag washed lettuce or spinach	

Approximate cost = £5