

Together We Cook

September shopping list

To make:

- Carrot and Hummus Sandwiches
- Mexican bean salad

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1 Avocado	
2 eggs (egg)	
1 can mixed beans	
1 small red onion	
125g cherry tomatoes	
1 small red chilli (optional)	
1 small bunch of fresh coriander	
2 x 15ml tablespoons salad dressing or olive oil	
½ tsp ground cumin	
1 medium sized carrot	
½ tub hummus approx. 100g (possible nuts)	
¼ cucumber	
1 large multigrain wrap (wheat)	
OR 2 large slices of wholemeal or multigrain bread (wheat)	

Approximate cost = £10