

YOUR OPTIONAL SHOPPING LIST

Drinks and Baking

Optional: Dark Rum

Necessary: Sunflower or other non-flavoured Oil

Maple Glazed Veg

ALL DIETS

3 carrots

3 parsnips

10 Brussels sprouts

4 tbsp maple syrup

1 sprig rosemary

4 cloves garlic

Festive Loaf

ALL DIETS

250g ground beef

1 egg

ketchup

1/2 cup breadcrumbs

1 onion

2 cloves garlic

2 tbsp maple syrup

cider vinegar

Ketchup, mustard, BBQ sauce, gravy (optional, to serve)

VEGAN

100g mixed nuts

50g cooked chestnuts

25g dried cranberries

stock cube

1 celery stick

1 carrot

1 leek

1 onion

1 clove garlic

1 tbsp lemon juice

2 tbsp almond milk

Ketchup, mustard, BBQ sauce (optional, to serve)