

SHOPPING LIST MENU 51

PRODUCE

2 Medium Ripe Bananas

DAIRY

6 Tablespoons Butter

3/4 Cup Buttermilk

2 Eggs

MEAT

1/4 Pound Bulk Ground Sausage

DRY GOODS

6 Teaspoons Baking Powder

4 Cups Flour

1/2 Teaspoon Baking Soda

1 Cup Sugar

HERBS & SPICES

1/2 Teaspoon Garlic Powder (optional)

1/4 Teaspoon Onion Powder (optional)

Pinch Cayenne Pepper (optional)

Salt and Pepper

OTHER

1/4 Cup Shortening

1/2 Cup Chopped Walnuts

1/2 Cup plus 1 Tablespoon Cooking Oil