

Blueberry Muffins

Servings: 8-12 muffins



- 1 and 1/2 cups Flour
- 1 & 1/2 teaspoons Vanilla extract
- 2 teaspoons Baking powder
- 3/4 cup Sugar
- 1/3 cup Oil
- 1/4 teaspoon salt
- 1 large egg
- 1 cup Blueberry
- 1/2 cup Milk

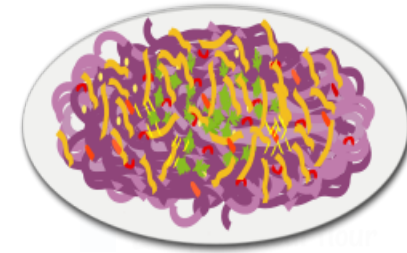
Puff Pastry Pinwheels

Servings: 20 Slices



- 2 tbsps All-purpose flour
- 1 pinch Red chili powder
- 2 to 3 tablespoons Oil
- 2 to 3 tablespoons Water
- 1/2 teaspoon Salt
- 1/2 cup Shredded cheese (low fat)
- 2 cups potato (boiled, peeled, and grated)
- 2 tbsps Frozen peas
- 2 tablespoons Cilantro (fresh and finely chopped)
- 17.3 oz Half pack (or 1 sheet) of puff pastry sheets (Thaw it before use)

Miraculous Veggie pasta



- 1/2 lb Pasta (any kind)
 - 3-4 Tablespoons Olive oil
 - 2-3 tablespoons of fresh lemon juice
 - Salt and Pepper, according to taste (add any seasoning of your choice)
 - Water
 - 1 cup Veggies of your Choice (Bell Pepper, Carrot, Yellow Squash, Zucchini Etc. (cut into 1-inch long and thin sticks))
 - 2/3 medium purple cabbage
 - 1 Small onion
 - 4 small cloves garlic
- Toppings:**
- Parmesan cheese
 - Fresh Lemon Zest
 - Fresh parsley



Check each box when you find them.

Go shopping; it's fun to pick required items and learn how to shop (or)

Shopping made easy through whisk, Login to juniorchefbox.com/account to order online

Perishable items

Check your pantry