

WATER KEFIR  
& MILK KEFIR  
CLASS

**NOURISHING PLATE**  
COOKING CLASSES BY FOODCRAFT

# Shopping List

## EQUIPMENT



**Water Kefir Kit with Mason Jar**  
HK\$320

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**Round Nylon-Mesh Plastic Sieve for Kefir Making - 9cm**  
HK\$28


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**Mason Jar with Two Types of Lids & Straw - 24oz**  
HK\$68

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## ESSENTIAL INGREDIENTS



**Dairy Free "Milk" Kefir Grains - 1 Teaspoon**  
HK\$200

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**Water Kefir Grains - Water Kefir**  
HK\$120

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**Rude Health Organic Ultimate Almond Milk - 1L**  
HK\$66

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**Organic Dehydrated Lemon - 30g**  
HK\$78

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**Organic Dried Greek Figs - 500g**  
HK\$149

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**Organic Thompson Raisins - 250g**  
HK\$48

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**Organic Raw Cane Sugar - 1kg**  
HK\$88

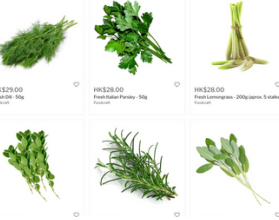
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**Ryukyu Kokutou Miyako Tarama Tokusan Brown Sugar - 270g**  
HK\$48

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## FLAVOURING INGREDIENTS



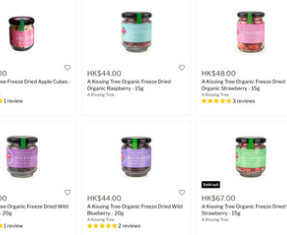
**Various Herbs and Spices**  
HK\$24-38

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**Medicine Flower Various Extracts**  
HK\$254-540

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**A Kissing Tree Freeze Dried Fruits**  
HK\$44-48

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