

Baking

- AP flour 1½ cups
- brown sugar 1 cup
- Golden or corn syrup (light or dark) ¼ cup (60ml)
- light brown sugar 1 cup (packed)
- sweetened condensed milk 1 can (14 oz)

Dairy

- butter 1 cups
- heavy cream 330g
- plain Greek yogurt 200g
- unsalted butter 1 cup

Vegetables

- carrots 3 units
- celery stalks 3 units

Condiments & Spices

- 1 small serrano chile, diced (about 30-40g)

Rice, Cereal & Legumes

- French green lentils 1.5 lb
- quick oats 18 oz