SUNSHINE
COMMUNITY

Christmas Baking

Your shopping list – for all four Christmas recipes

With Signe Søndergaard | 28 November 2026 | 10am–12pm CET

Have a look through your cupboards before you shop. Tick off what you already have, then bring this list along for the rest.

Nuts, seeds & grains

- ☐ 150 g rolled oats (old-fashioned oats)
- ☐ 50 g sesame seeds
- ☐ 50 g pumpkin seeds
- ☐ 50 g hemp seeds, plus extra for decoration
- ☐ 50 g walnuts
- ☐ 1 dl hazelnuts
- ☐ Approx. 3 dl almonds in total, including 12 whole almonds for the Christmas Hearts and 1 dl for blanching
- ☐ 1 dl pistachios, for decoration
- ☐ Approx. 1¼ dl chia seeds, including the optional raspberry jam
- ☐ 2–3 tbsp almond butter or peanut butter
- ☐ 1 tbsp tahini

Dried & fresh fruit

- ☐ 200 g pitted dates, for the Christmas Nourish Roll
- ☐ 12 whole, firm, pitted dates, for the Christmas Hearts
- ☐ 1 large ripe banana
- ☐ 2 oranges, for zest
- ☐ 5 cm fresh ginger
- ☐ 1 dl freeze-dried raspberries, for decoration
- ☐ 1 dl goji berries, for decoration
- ☐ 100 g fresh or frozen raspberries (optional, for chia jam)
- ☐ 2–3 extra dates (optional, for chia jam)

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The finishing touches

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Chocolate & sweeteners

- [ ] Approx. 200 g dark chocolate in total, for the cookies and coating the Christmas treats
- [ ] 1 dl cacao nibs (optional alternative to dark chocolate in the cookies)
- [ ] 2 tbsp honey
- [ ] 1 tbsp maple syrup (alternative to honey in the Nourish Roll)

Oils & fats

- [ ] 90 g coconut oil, if using it in both the cookies and Nourish Roll
  Alternatively: 40 g coconut oil and 50 g butter or ghee
- [ ] 10 g olive oil
- [ ] 1 can (400 ml) coconut milk

Spices & flavourings

- [ ] 7 tsp ground cinnamon
- [ ] ½ tsp ground allspice
- [ ] 1–2 tsp matcha powder
- [ ] 1–2 tsp liquorice powder, plus extra for decoration
- [ ] 2 tsp sea salt
- [ ] 1 tsp baking powder

Other essentials

- [ ] 1 scoop vanilla-flavoured protein powder (optional)
- [ ] Baking parchment / baking paper

A little help with measurements
1 dl = 100 ml. Keep ingredients measured in dl as volume measurements; their weight will vary. Quantities are for all four recipes, including optional items where noted.