



ABA Virtual Lime

CELEBRATING BVI EMANCIPATION & HERITAGE MONTH

SHOPPING LIST - READY TO #NYAMGOOD?

Fish in mayo sauce with provisions & plantain*

- | | |
|--|--|
| <input type="checkbox"/> WHOLE FISH | <input type="checkbox"/> SALT |
| <input type="checkbox"/> 1 PLANTAIN | <input type="checkbox"/> 1 LEMON |
| <input type="checkbox"/> 3 GREEN BANANAS | <input type="checkbox"/> TABASCO SAUCE |
| <input type="checkbox"/> BUTTER | <input type="checkbox"/> MAYONNAISE |
| <input type="checkbox"/> FLOUR | <input type="checkbox"/> 2 ONIONS |

Sweet Ting

- | | |
|-----------------------------------|----------------------------------|
| <input type="checkbox"/> 1 TING | <input type="checkbox"/> 1 LEMON |
| <input type="checkbox"/> SUGAR | <input type="checkbox"/> BVI GIN |
| <input type="checkbox"/> CINNAMON | |

*2 servings