

### What's in the Bag

2 cups whole milk (or dairy-free alternative)  
1 cup of cornmeal grits  
1 can black beans, rinsed and drained  
70 grams cheddar (1/2 cup grated)  
2 avocados  
2-3 radish  
3 green onions, thinly sliced  
1/2 tsp cayenne pepper  
1 lime

### What's Not

2 tbsp butter (optional)  
salt  
2 3/4 cups water