Pantry Staples

**Baking**

Coconut flour

Tapioca flour

Gluten free flour blend

Blanched almond flour

Raw cacao powder

Baking powder

Baking soda

Vanilla extract

Powdered gelatine

Shredded coconut

**Sweeteners**

Honey

Maple syrup

Coconut sugar

Rice malt syrup

**Nuts/seeds**

Macadamias

Cashews

Almonds

Walnuts

Sunflower seeds

Pumpkin seeds

Chia seeds

Sesame seeds/black

**Dried fruit**

Figs

Medjool dates

Apricots

Craisens

Sultanas/raisins

Prunes

Goji berries

**Spices**

Ground cumin/seeds

Ground coriander/seeds

Cinnamon

Smoked paprika

Paprika

Ground ginger

Turmeric

Dried oregano/rosemary/thyme

Fennel seeds

Cardamon

Ground dried sage

Onion/garlic powder

Ground chilli

Chinese 5 spice

Nutmeg

Cloves

All spice

Star anise

Himalayan/Celtic salt

Herbamare

Black pepper

Szechuan pepper corns

**Other**

Tamari (wheat free soy)

Fish sauce

Miso paste

Hoisin sauce

Oyster sauce

Ayam brand coconut milk/cream

Passata (cooked strained tomatoes, pref

in glass

Canned legumes like chickpeas, cannellini bean, kidney beans, borlotti beans

Tomato paste/puree

Dijon mustard/wholegrain mustard

Black & white balsamic vinegar

Apple cider vinegar, unpasteurised, with the “mother”

White/red wine vinegar

Pomegranate molasses

ABC (almond, brazil, cashew) spread or other nut butter without added salt or sugar

Basmati rice

Bean thread/rice noodles

Quinoa

Chicken/beef stock

Rice paper

Nori sheets

Coconut oil

Extra virgin cold pressed olive oil

Cold pressed avocado oil

Ghee/butter