

TM PANTRY STAPLES



OILS / VINEGAR

olive oil
macadamia oil
coconut oil
tamari
balsamic vinegar
apple cider vinegar



FRUIT / VEGETABLES

sultanas
shredded coconut
dried porcini mushrooms
vanilla beans
medjool dates
canned diced tomatoes
coconut cream
tomato paste
brown onions
garlic



SWEETENERS

white sugar
raw sugar
brown sugar
honey



HERBS / SPICES

curry powder
chilli flakes
sweet paprika
smoked paprika
ground cinnamon
ground cumin
ground nutmeg



NUTS / SEEDS

raw almonds
raw cashews
roasted peanuts
sunflower seeds
sesame seeds
pumpkin seeds
chia seeds
macadamia nuts
flaxseeds
pine nuts
psyllium husks



GRAINS

brown rice
arborio rice
basmati rice
plain flour
bakers flour
corn flour
coconut flour
pasta
cous cous
rolled oats



BEANS / LEGUMES

canned/dried chickpeas
canned/dried kidney beans



OTHER

baking powder
bicarbonate of soda
dried yeast
dark chocolate
coarse salt
dijon mustard
seeded mustard