

# 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

caster 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  
fine salt  
dijon mustard  
seeded mustard