

There's a party in my pantry!

a printable guide to help you get your pantry ready for healthy baking!

Drink & Be Merry

- Organic Coffee
- Mineral Water
- Tea
- Water
- Dry Red or White Wine

Sweets For Baking

- ❖Cocoa Powder
- ❖Honey
- ❖Grade B Maple Syrup
- ❖Brown Rice Syrup
- ❖Stevia
- ❖Xylitol

Spice It Up!

- Basil
- Bay Leaves
- Caraway
- Cardamom
- Cayenne
- Celery Seed
- Chicory
- Chili Powder
- Chipotle
- Chives
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry
- Dill
- Fennel
- Garlic
- Ginger
- Lavender
- Licorice
- Marjoram
- Mint
- Mustard
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Parsley
- Pepper
- Pumpkin Pie
- Rosemary
- Sage
- Salt
- Tarragon
- Turmeric
- Vanilla

Canned Goods

- Applesauce
- Coconut Milk
- Coconut Water
- Olives
- Pickles
- Pumpkin
- Salmon
- Sweet Potatoes
- Tahini
- Tomato Paste
- Tomato Sauce
- Tuna

Oh, saucy

- Coconut
- Fish
- Hot
- Mustard
- Vinegars (apple cider, red wine, distilled, rice & balsamic)

Go Nuts (or seeds)

- Almonds
- Cashews
- Coconut (shredded or flakes)
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts

Good Oils

- ✓Avocado
- ✓Coconut
- ✓Macadamia
- ✓Extra-Virgin Olive
- ✓Sesame
- ✓Walnut
- ✓Bacon Fat