

HONEST TO GOODNESS

ORGANIC FOOD & NATURAL FOOD

HEALTHY PANTRY STAPLES

Use this shopping list as a helpful guide for building up a healthy pantry at home.

WHOLE GRAINS & RICE

- Brown Rice (GF)
- Quinoa (GF)
- Basmati Rice (GF)
- Rolled Oats
- Buckwheat (GF)
- Barley
- Cous Cous
- Durum Wheat Pasta

DRY LEGUMES

- Chickpeas
- Black Beans
- Red Split Lentils
- French Green Lentils
- Red Kidney Beans
- Split Peas

NUTS & SEEDS

- Almonds
- Cashews
- Walnuts
- Brazil Nuts
- Pepitas
- Sesame Seeds
- Sunflower Seeds
- Chia Seeds
- Hemp Seeds
- Nut Milk Bag

DRIED FRUIT

- Medjool Dates
- Natural Sultanas
- Raisins
- Dried Cranberries
- Dried Apricots
- Dried Apple Rings/Wedges
- Dried Figs
- Goji Berries
- Mixed Dried Fruit

FLOURS & MEALS

- Unbleached White Bakers Flour
- Buckwheat Flour (GF)
- Coconut Flour (GF)
- Almond Meal (GF)
- Spelt Flour

BAKING INGREDIENTS

- Baking Powder (Gluten & Aluminium Free)
- Coconut Flakes
- Desiccated Coconut
- Shredded Coconut
- Cacao Powder
- Cacao Nibs

NATURAL SWEETENERS

- Pure Maple Syrup
- Raw Honey
- Coconut Sugar
- Brown Rice Syrup
- Rapadura Sugar (Panela)

OILS & VINEGARS

- Virgin Coconut Oil
- Extra Virgin Olive Oil
- Sunflower Oil - High Oleic
- Raw Apple Cider Vinegar with the "Mother"
- Coconut Vinegar with the "Mother"

NUT BUTTERS & SPREADS

- Almond Butter
- Natural Peanut Butter
- Tahini
- Coconut Butter

TINS & SAUCES

- Coconut Milk
- Coconut Cream
- Tinned Tomatoes
- Tinned Beans
- Tomato Passata
- Tomato Paste

DRIED HERBS

- Bay Leaves
- Mixed Herbs
- Oregano
- Rosemary
- Sage
- Thyme

SPICES

- Himalayan Rock Salt (fine)
- Black Peppercorns
- Chilli Powder/Flakes
- Cinnamon
- Cloves
- Cumin
- Curry Powder
- Garlic Granules
- Ginger
- Nutmeg
- Paprika
- Turmeric

FLAVOURS & SEASONINGS

- Tamari Soy Sauce (GF)
- Coconut Aminos Seasoning Sauce
- Nutritional Yeast Flakes
- Dulse Flakes
- Miso Paste

Most items listed above are **organic products** available from Honest to Goodness.

www.goodness.com.au

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