

Amy's Table – Pantry Shopping List

Here is a list of foods that I always have in my pantry and make sure I restock them when I go shopping. I find that with these in the pantry, I can make just about anything I need. You don't have to go anywhere special, you can get all of these at your local supermarket or greengrocer. You don't need to get everything, just an idea of what I use.

Seeds

- Sunflowers seeds
- Pumpkin seeds (pepitas)
- Sesame seeds
- Flax seeds (linseeds) which you can grind into flax meal
- Chia seeds

Oils

- Coconut Oil (organic and cold pressed)
- Olive – extra virgin
- Vegetable

Dried Fruit

- Dates
- Apricots
- Cranberries
- Sultanas
- Coconut – shredded, desiccated or flakes

Nuts

- Almonds
- Peanuts
- cashews
- Cocoa nibs

Spices

- Cinnamon
- Ginger – fresh or dried
- Turmeric
- Nutmeg
- Curry powder

Legumes and beans – tinned or dried

- Lentils – red or brown
- Chickpeas
- Kidney beans
- Butter beans
- Soup mix
- Black beans

Grains and Flour

- Rolled oats
- Buckwheat - raw
- Quinoa
- Flour – wholemeal or white
- Coconut flour
- Baking powder/soda

Spreads

- Peanut Butter
- Tahini
- Vegemite

Other Stuff

- Coffee
- Greens powder
- Cocoa powder - raw
- Vanilla extract
- Protein powder
- Maple syrup



@amys_table