

Pantry Staples

FIND RECIPES
AND MORE AT
SamanthaElaine.net

Dried Herbs & Spices

THYME
ROSEMARY
OREGANO
CUMIN
PAPRIKA
CINNAMON
GARLIC POWDER
FINE SEA SALT
SEASONING SALT
BLACK PEPPER

Oils & Vinegars

OLIVE OIL
COCONUT OIL
CANOLA OIL
GRAPESEED OR COCONUT
OIL SPRAY
EARTH BALANCE BUTTER
WHITE WINE VINEGAR
BALSAMIC VINEGAR
APPLE CIDER VINEGAR

*GF = GLUTEN-FREE

Dry Goods

GF 1:1 RATIO FLOUR
GF OATS
BLACK BEANS
BROWN RICE
QUINOA
BROWN SUGAR
WHITE SUGAR

Sauces & Syrups

LOW SUGAR KETCHUP
YELLOW MUSTARD
DIJON MUSTARD
HOT SAUCE
GF SOY SAUCE
GF WORCESTERSHIRE
SAUCE
MAPLE SYRUP
HONEY
VANILLA EXTRACT