

## ESSENTIAL INGREDIENTS FOR YOUR RAW FOOD PANTRY

This is an overview of the ingredients that you will be using for the course, including guidance on how to store it.

### NUTS/SEEDS/OATS

These are useful to use as flours and as the basis for milks

Best stored in sealed containers:

- Almonds
- Brazils
- Buckwheat
- Cashew pieces
- Coconut chips or flakes
- Ground almonds
- Chia seeds
- Hazelnuts
- Macadamia nuts
- Oatflour (you will be making this)
- Pecans
- Pine nuts
- Pistachios
- Porridge oats
- Pumpkin seeds
- Walnuts

Best stored in the fridge:

- Almond flour (you will be making this)
- Hempseeds (shelled)
- Linseeds , also called Flaxseeds (ground)
- Oat groats (if not using porridge oats)



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### CACAO PRODUCTS

- Cacao butter (keep in the fridge)
- Cacao powder (keep in a sealed container)

### SWEETENERS

Keep in sealed containers:

- Agave
- Carob (Peruvian) / also called Mesquite
- Coconut sugar
- Dates, pitted
- Honey (if not using agave)
- Maple syrup
- Medjool dates

### DRIED FRUITS

Best kept in sealed containers:

- Apricots
- Cranberries
- Figs
- Raisins

Best kept in fridge or freezer when made:

- Date paste





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### SPICES/FLAVOURINGS

Keep in a dry store...replace every 3 – 6 months:

- Almond extract
- Butterscotch extract
- Cinnamon, ground
- Coffee, ground
- Coffee extract
- Freeze dried cherries
- Hazelnut extract
- Japanese Oil of Peppermint
- Rum Extract
- Sea Salt
- Vanilla extract
- Vanilla pods

### STORECUPBOARD

Oils:

- Coconut Oil (refrigerate once opened)
- Grapeseed oil

Other:

- Coconut flour (keep in a sealed container)
- Coconut water (refrigerate once opened)
- Coffee, ground (refrigerate once opened)
- Lecithin (refrigerate once opened)
- Probiotic powder or capsules (to be kept refrigerated)



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## FRESH PRODUCE

Best kept cool: (between 2 degrees C and 5 degrees C)

- Apples
- Avocado
- Bananas
- Beetroot
- Berries
- Cherries
- Coconut (Thai green)
- Courgette (zucchini)
- Lemons
- Limes
- Mango
- Passion Fruit
- Pineapple

## FROZEN PRODUCE

- Berries/Cherries
- Coconut (Thai green)
- Raspberries

