KAW TOOD TAINTKI	
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:	
O Almonds	
O Brazils	
O Buckwheat	
O Cashew pieces	
O Coconut chips or flakes	
O Ground almonds	
O Chia seeds	
O Hazelnuts	
O Macadamia nuts	
O Oatflour (you will be making this)	
O Pecans	
O Pine nuts	
O Pistachios	
O Porridge oats	
O Pumpkin seeds	
O Walnuts	
Best stored in the fridge:	
O Almond flour (you will be making this)	
O Hempseeds (shelled)	
O Linseeds , also called Flaxseeds (ground)	
O Oat groats (if not using porridge oats)	

CACAO PRODUCTS	
O Casas butter (keep in the fridge)	
O Cacao butter (keep in the fridge) O Cacao powder (keep in a sealed container)	
SWEETENERS	
Keep in sealed containers:	
O Agave O Carob (Peruvian) / also called Mesquite	
O Coconut sugar O Dates, pitted	
O Honey (if not using agave)	
O Maple syrup O Medjool dates	
O Medicol dales	
DRIED FRUITS	
Best kept in sealed containers:	
O Apricots O Cranberries	
O Figs O Raisins	
O Raisins	
Best kept in fridge or freezer when made:	
O Date paste	

SPICES/FLAVOURINGS  Keep in a dry storereplace every 3 - 6 months:  O Almond extract O Butterscotch extract O Cinnamon, ground O Coffee, ground O Coffee, ground O Freeze dried cherries O Hazelnut extract O Japanese Oil of Peppermint O Rum Extract O Sea Salt O Vanilla extract O Vanilla pods STORECUPBOARD  Oils: O Coconut Oil (refrigerate once opened) O Hor: O Coconut flour (keep in a sealed container) O Coconut (refrigerate once opened) O Coffee, ground (refrigerate once opened) O Leichin (refrigerate once opened)		
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FRESH PRODUCE	
Best kept cool: (between 2 degrees C and 5 degrees C)	
O Apples	
O Avocado	
O Bananas	
O Beetroot	
O Berries	
O Cherries	
O Coconut (Thai green)	
O Courgette (zucchini)	
O Lemons	
O Limes	
O Mango	
O Passion Fruit	
O Pineapple	
FROZEN PRODUCE	
O Berries/Cherries	
O Coconut (Thai green)	
O Raspberries	