

THE ULTIMATE PANTRY ESSENTIALS FOR FALL RECIPES

BY: WWW.CANADIANBUDGETBINDER.COM

1. OATMEAL, GRAHAM CRACKERS
2. UNSWEETENED COCOA
3. YEAST
4. ALMOND AND PEANUT BUTTER
5. PUMPKIN AND SUNFLOWER SEEDS
6. SUGAR FREE SYRUPS
7. VARIOUS PASTAS
8. CASHEWS, ALMONDS, PECANS, WALNUTS
9. STOCK BASE
10. ALMOND, COCONUT, ALL-PURPOSE FLOUR
11. RAISINS, COCONUT, DRIED FRUITS
12. APPLE CIDER VINEGAR, APPLE CIDER
14. ALL-SPICE, CLOVES, CINNAMON, PUMPKIN SPICE, NUTMEG, OREGANO, BASIL, CUMIN, TUMERIC, PARSLEY, PAPRIKA, CHILI POWDER. ROSEMARY, THYME, CHILIS, GINGER, SALT, PEPPER ETC.
15. COCONUT MILK, ALMOND MILK
16. CANNED TOMATOES, TOMATO PASTE
17. CONDENSED MILK, EVAPORATED MILK
19. COCONUT OIL
20. PORK RINDS AND BREAD CRUMBS
21. INSTANT COFFEE+ OIL EXTRACTS
22. FLAVOURED OILS- AVOCADO, EVOO, PUMPKIN
23. PARMESAN, VINEGARS, SOY SAUCE
24. SWEETENERS AND SUGARS OF CHOICE INCLUDING MOLASSES, ICING SUGAR ETC.
25. BAKING POWDER, BAKING SODA, XANTHAN GUM
26. VARIOUS VEGETABLES- CABBAGE ETC.
27. VARIOUS FRUITS- APPLES ETC.
28. CHOCOLATE, MINT, BUTTERSCOTCH CHIPS
29. COOKED PUMPKIN OR CANNED PUMPKIN
30. RICE, QUINOA VARIETIES
31. LOTS OF DRY/CANNED BEANS

NON-PANTRY

EGGS LARGE

HEAVY WHIPPING CREAM 35%

BUTTER UNSALTED

CREAM 10%

MILK 2%