





Navy Beans							
Cannellini Beans							
Black Beans							
Red Beans							
Garbanzo Beans							
Split Peas							
Lentils							
<b>NUTS &amp; SEEDS</b>							
Almonds							
Walnuts							
Pecans							
Peanuts							
Peanut Butter							
Coconut Flakes							
Flax Seeds							
Sesame Seeds							
Sunflower Seeds							
<b>DRIED FRUITS</b>							
Raisins							
Currants							
Cranberries							
Apricots							
Prunes							
Mango							
Cherries							
Dates							
<b>GRAINS &amp; FLOURS</b>							
Unbleached Flour							
Whole Wheat Flour							
WW Pastry Flour							
Spelt Flour							
Rye Flour							
Rolled Oats							
Quick Oats							
Cornmeal							
Masa Harina							
Rice							
Wild Rice							
<b>OILS</b>							
Olive Oil							
Coconut Oil							
Palm Oil							
Tallow							
Lard							
Avocado Oil							
Grapeseed Oil							
<b>SWEETENERS</b>							
Honey							
Maple Syrup							
Molasses							
Sugar							
Confectioner's Sugar							
<b>BAKING SUPPLIES</b>							
Baking Powder							
Baking Soda							
Cornstarch							
Cream of Tartar							
Yeast							
Cocoa Powder							



