

Food Babe's Pantry Essentials
(All items are certified organic unless otherwise noted)

Breakfast/Breads

- Oat Groats
- Steel Cut Oats
- Gluten Free Rolled Oats
- Ezekiel English Muffins – Cinnamon Raisin
- Ezekiel Bread – Sesame
- Nature's Path Hemp Waffles
- Garden of Life Raw Protein – Vanilla
- Nutiva Hemp Protein
- Ezekiel Cereal – Any flavor
- Kaia Foods Raw Buckwheat Granola
- 2 Mom's in the Raw Cereal

Pasta/Grains

- Organic Planet Buckwheat Soba Noddles
- Organic Planet Whole Wheat Udon Noddles
- Organic Planet Whole Wheat Lomein Noddles
- Ezekiel Penne Pasta
- Ezekiel Linguine
- TruRoots Sprouted Quinoa
- Quinoa Flakes
- Farro
- Brown Rice
- Red Himalayan Rice
- Oat Flour
- Whole Wheat Pastry Flour
- Whole Wheat Panko Bread Crumbs
- Spelt Flour

Beans

- Eden Foods – Garbanzo Beans
- Eden Foods – Red Kidney Beans
- Eden Foods – Black Beans
- Eden Foods – Cannelli Beans
- TruRoots Sprouted Lentils
- Green Lentils
- Yellow Lentils
- Dry Garbanzo Beans

Nuts/Dried Fruit

- Goji Berries
- Golden Berries
- Himalayan Raisins
- Raisins
- Currents
- Figs
- Prunes
- Dates
- Walnuts
- Almonds
- Pistachios
- Brazil Nuts
- Pecans
- Cashews
- Chia Seeds

Flax Seeds

- Hemp Seeds
- Sesame Seeds
- Sunflower Seeds
- Pumpkin Seeds
- Artisana Tahini
- MaraNatha Almond Butter

Snacks

- Unique Splits – Sprouted Wheat Pretzels
- Mary's Gone Crackers – Onion & Plain
- Mary's Gone Sticks and Twig Pretzels – Sea Salt & Curry
- Late July Summer Blues Tortilla Chips
- Late July Yellow Corn Chips
- Suzie's Thin Cakes – Flax & Spelt (not organic)
- Trader Joe's Organic Popcorn with Olive Oil
- Trader Joe's Organic Corn Chips

Drinks

- Larry's Beans Coffee
- Synergy Kombucha
- Harmless Harvest 100% Raw Coconut Water
- GT's Kombucha
- Assorted Yogi, Traditional Medicinals, & Numi Teas

Dessert/Sweets

- Cocomels – Coconut milk based chocolates
- Alter Eco Quinoa Chocolate
- Dark Chocolate Chips
- Righteously Raw Bars
- Three Twins Vanilla Ice Cream
- Coconut Bliss Ice Cream – Ginger Cookie
- Coconut Bliss Ice Cream – Cherry Amaretto
- Seitenbacher Strawberry Alligator Gummies (not organic)
- Go Raw Coconut Cookies
- Yummy Earth – Butterscotch Drops
- Twin Cakes – Cashew Coconut Biscotti (not organic)
- Chocolate Hazelnut Spread
- Erewhon Brown Rice Cereal
- Luna's Living Kitchen Monkey Bites
- Luna's Living Kitchen Yin Yang Macaroons
- Assorted Pacari Chocolate

Condiments/Other Staples

- Ketchup
- Yellow Mustard
- Apple Cider Vinegar
- Cold-Pressed Olive Oil
- Nutiva Hemp Oil
- Nutiva Extra Virgin Coconut Oil
- Tamari
- Eden Farm's Ponzu Sauce (not organic)
- Eden Farm's Miran (not organic)
- Balsamic Vinegar
- Organic Rice Wine Vinegar
- Maple Syrup
- Raw Local Honey
- Pickles
- Olives
- Himalayan Sea Salt
- Dry Non-Irradiated Spices (Too many to list!)
- Low Sodium Vegetable Broth
- Low Sodium Chicken Broth
- Eden Foods Spaghetti Sauce
- Nutiva Coconut Manna
- Artisana Coconut Butter
- Coconut Palm Sugar
- Date Sugar
- Navitas Naturals Raw Cacao Power
- Unsweetened Coconut Flakes
- Aluminum Free Baking Powder
- Stevia Extract

Freezer

- Ezekiel Whole Wheat Sprouted Tortillas
- Ezekiel Corn Tortillas
- Frozen Mango
- Frozen Strawberries
- Frozen Blueberries
- Frozen Mixed Berries
- Frozen Acai
- Frozen Pineapple
- Frozen Artichokes