

Seagrass Sister

Pantry Checklist for Plant-Based Recipes

Potatoes, including sweet potatoes

Rice

Grains

Beans

(kidney, chick peas and black beans)

Pasta

Tofu, extra firm, organic

Dried Fruit

(raisins, cranberries, apricots)

Vegetable Stock

Non-dairy milk

(rice for cooking, almond for baking, full fat coconut milk for cooking)

Agave Syrup and/or Maple Syrup

Olive oil, Coconut Oil

Chia Seeds

Yeast

Popcorn Kernels

Oatmeal

Curry Paste

Balsamic Vinegar

Tahini

Canned Tomatoes, Tomato Sauce, Tomato Paste