

Pure Health's Pantry Essentials

Here are Pure Health's favourite pantry essentials that are delicious gluten free, low sugar options!

SWEETENERS

- Stevia
- Monk Fruit
- Maple Syrup
- Honey
- Dates

BAKING

- Almond meal ^(GF)
- Buckwheat flour ^(GF)
- Coconut flour ^(GF)
- Quinoa flour ^(GF)
- Green banana flour ^(GF)
- Chickpea flour ^(GF)
- Cassava Flour ^(GF)
- Tapioca Flour/Starch ^(GF)
- Wholemeal flour
- Oat flour
- Sorghum flour
- Millet flour

PASTA

- Brown rice pasta ^(GF)
- Buckwheat pasta ^(GF)
- Pulse pasta ^(GF)
- Lentil pasta ^(GF)
- Mung bean noodles
- Spelt pasta

HERBS & SPICES

- Basil
- Coriander
- Thyme
- Parsley
- Mint
- Chives
- Rosemary
- Sage
- Oregano
- Turmeric
- Chilli Flakes
- Sumac
- Cumin
- Cinnamon
- Ginger
- Paprika
- Moroccan Spice Mix
- Curry Powder
- Mingle Seasonings
(Coles, Woolworths)

OILS

- Olive oil
- Flaxseed oil
- Sesame oil
- Coconut oil
- Macadamia oil

GRAINS

- Quinoa
- Brown or black rice
- Millet
- Amaranth
- Gluten-free noodles
(Buckwheat, kelp, 100% soba,
black bean, brown rice, mung
bean, chickpea)
- Corn thins
- Oats

CONDIMENTS

- Natural peanut butter (no
added sugar or salt)
- Almond butter
- Tahini
- Coconut aminos
- Dijon mustard
- Apple cider vinegar
- Miso paste
- Undivided co sauces & mayo
- Mingle sauces (tomato, sweet-
chilli, bbq (Coles, Woolworths))