

# Pantry Staples

- Local Raw Honey
- Enjoy Life Mini Chocolate Chips
- Organic Almond Butter
- Nuts - Almonds, Pecans, Walnuts, Macadamias
- Organic Peanut Butter
- Vanilla Protein Powder
- Organic or Non-GMO Popping Corn
- Dates
- King Arthur Organic All-Purpose Flour
- Cup-for-Cup Gluten-Free Flour
- Coconut Flour
- Coconut Palm Sugar
- Almond Meal
- Pamela's Pancake & Baking Mix
- Red Star Yeast
- Brown Rice/Quinoa Pasta
- Brown Rice & Short-Grain White Rice
- Flax Seeds
- Hemp Seeds
- Dried Beans
- Canned Beans
- Dried Seaweed

## **Recipe Ideas With Pantry Staples:**

- [My Favorite Homemade Nut Butter Recipe](#) - you can do this!
- [Comfy Belly's Cinnamon Bun Muffins](#)
- [Gluten-Free Goddess Peanut Butter Banana Cake](#)
- [Rosemary Almond Meal Biscuits](#)
- [Almond Flour Brownies from Grain-Free Foodies](#)

## **How I Make Popcorn In A Pot**

Use the plain popping corn in a container - *not* microwave popcorn.

I heat my pot on medium, add a generous amount of coconut oil, and then cover the bottom of the pot with corn kernels. Put on the lid and shake the pot back and forth over the heat until it starts popping. Then just let it rip. A kernel will pop every second or more. You want to take it off the heat when you count to 2 and no kernels have popped. I have no idea where I learned that trick, but it works every time and insures you don't burn any! Then sprinkle a generous amount of sea salt and nutritional yeast at the end for a non-dairy "cheesy" flavor, and toss it all together.