

Oh She Glows Vegan Pantry Shopping List

Angela Liddon

Grains:

- Pearled Barley
- Couscous
- Rolled, Old-Fashioned Oats
- Short-grain brown rice
- Millet
- Wild & brown rice
- Speltberries
- Farro
- Kamut, whole wheat, & brown rice pasta
- Raw Buckwheat Groats (technically a fruit seed or “pseudocereal”, but can be used as a grain)
- Some of my fav flours: whole wheat pastry flour, light spelt flour, brown rice flour, oat flour, almond meal or flour, kamut flour

Beans & Legumes:

- Quinoa (technically a *pseudocereal*, but since it’s a complete protein I list it here)
- Black Beluga Lentils
- Chickpeas
- Red Lentils
- Black Beans
- Green Lentils
- Firm or Super firm organic, non-GMO tofu
- Red kidney beans
- navy beans
- black eyed peas
- split peas
- You might also want to try cooking your beans with a piece of kombu to aid digestion

Nuts: (all raw)

- Macadamia
- Almonds
- Pecans
- Walnuts
- Cashews

Seeds & Dried Fruit: (seeds are all raw)

- Pepita Seeds
- Hemp Seeds
- Sunflower Seeds
- Chia Seeds
- Whole Flax Seed
- Dried & sweetened Tart Cherries
- Dried & Sweetened Cranberries
- Raisins

Vinegars:

- Raw Apple Cider Vinegar
- Rice Vinegar
- Organic Balsamic Vinegar
- Organic Red Wine Vinegar

Oils:

- Spectrum Spray Olive Oil
- Extra Virgin Olive Oil
- Unrefined Safflower Oil
- Occasionally, I use soy-free Earth Balance in the red tub.
- cold-pressed organic extra virgin coconut oil

Sweeteners:

- Raw Agave
- Organic Molasses
- Pure Maple Syrup
- Brown Rice Syrup (unfortunately controversial right now, [due to discoveries of arsenic](#) in this and other brown rice products)
- Raw Coconut Sugar
- Organic Dark Brown Sugar
- Organic Sucanat
- Organic Cane Sugar
- Medjool Dates

Chocolate

- Camino Semi-Sweet Chocolate Chips
- Enjoy Life Chocolate Chips (I enjoy the **mini chips** much more than the chunks actually)
- Cacao nibs
- Carob Powder
- Camino Cocoa Powder

Odds & Ends:

- Sweetened sunflower seed butter, raw almond butter, roasted natural PB
- Almond Milk (I usually buy “unsweetened, original” for ease of use in recipes)
- Unsweetened applesauce
- Full fat coconut milk
- Light coconut milk
- Coconut Butter (I often [make my own](#))

Odds & Ends Part II

- Nutritional Yeast
- BPA free Canned Beans
- Strained Tomatoes
- White Linen Collection Marinara Sauce from Costco
- Low-Sodium Veggie Broth
- Low-sodium organic tamari
- Aluminum-free baking powder
- Cornstarch or arrowroot flour

My spice collection:

(I put a star beside the ones I use most frequently)

- anise seed
- allspice
- basil*
- bay leaves*
- caraway
- cayenne*
- celery seed
- chili powder*
- Chinese 5 spice
- cinnamon*
- cream of tartar
- cumin*

- curry masala*
- dill*
- dry mustard
- Fine and coarse sea salt*
- garam masala*
- garlic powder*
- ginger*
- ground cardamom
- ground cloves
- ground coriander seed
- ground nutmeg*
- Herbamare*
- kelp granules
- Kosher salt* (unbleached, better flavour than regular table salt)
- marjoram
- mustard seeds
- nutmeg*
- onion powder*
- oregano*
- paprika*
- red pepper flakes*
- rosemary
- sage leaves*
- smoked paprika*
- star anise
- thyme leaves*
- turmeric
- Whole Black pepper*