



GLUTEN-FREE PANTRY ESSENTIALS

———— Stock your pantry with ease! ————
Keep these items on hand for simple meals ...

- Agave
- Almond Flour
- Artichoke Hearts
- Beans (Canned and dried)
- Brown and White Rice
- Cacao Powder
- Chia Seeds
- Coconut Aminos
- Dates
- Flax Seeds (Ground or whole)
- Gluten-free Bread
- Gluten-free Oats
- Gluten-free Salad Dressing
- Lentil Pasta
- Lentils
- Marinara
- Mustard
- Non-dairy Milk
- Nut Butter
- Nutritional Yeast
- Nuts
- Olive Oil
- Olives
- Pesto
- Quinoa
- Raw Honey
- Spices
- Tahini
- Vegetable Broth

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