



PLANT-BASED 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
- Dates
- Flax Seeds (Ground or whole)
- Lentils
- Marinara
- Mustard
- Non-dairy Milk
- Nut Butter
- Nutritional Yeast
- Nuts
- Old Fashioned Oats
- Olive Oil
- Olives
- Pasta
- Pesto
- Plant-based Nutrition Bars
- Plant-based Protein Powder
- Quinoa
- Salad Dressing
- Soy Sauce
- Spices
- Sprouted Grain Bread
- Tahini
- Vegetable Broth

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