

Allergen-Friendly Pantry Staples



There's a LOT of items out there that are considered 'allergen-friendly', but these are the absolute essential staples that I have on hand at all times!

- Coconut flour
- Tapioca flour
- Arrowroot powder
- Raw cacao powder
- Almond flour
- Full-fat coconut milk
- Almond milk
- Coconut sugar
- Honey
- Maple syrup
- Coconut aminos
- Fish sauce
- Olive oil
- Avocado oil
- Apple cider vinegar
- Almond butter
- Cashew butter
- Dates