

Your Vegetarian Kitchen

Explore the Vegetarian Chef in YOU

Tip #1: [Use Peapod code: AFFL3 for \\$10 off your first online order](#)

Tip #2: [Print coupons for your favorite brands and save at Coupons.com](#)

- Aluminum-free Baking Powder
- Baking Soda
- Bread Crumbs: make your own
- Capers
- **Cheeses:**
 - Grated Asiago
 - Parmesan
 - Romano
 - Feta
 - Goat's Cheese
 - Sheep's Cheese
 - Cheddar
 - Fresh Mozzarella
- **Chocolate:**
 - Cocoa
 - Baking Chocolate
 - Chocolate Chips
- **Coconut flakes**
 - Powdered
 - Sweetened
 - Unsweetened
- Cream of Tartar
- Prepared Cereals
- Ener-G Egg Replacer
- **Fats:**
 - Butter
 - Canola Oil
 - Extra Virgin Olive Oil
 - Sesame Oil
 - Toasted Sesame Oil
 - Almond Oil
 - Corn Oil
- **Flax Seed:** Source of Omega 3, 6, 9 oils. The seed needs to be crushed to be used by the body. The Oil is bitter.
- **Flour:**
 - White Whole Wheat
 - Gluten Flour
 - Whole Wheat
 - Unbleached White
 - Cake Flour
 - Millet
 - Potato
- Fresh Garlic and Ginger
- **Grain:**
 - Rice - brown short grain and long Basmati, Jasmine: Wild, Wehani
 - Barley - pearled
 - Oats - rolled and Irish
 - Quinoa
 - Granola
- Hemp Seed: an excellent source of Omega 3,6,9 Oils
- Horseradish
- Ketchup
- Lang's Tangy Bang Sauce
- Louisiana Hot Sauce
- **Margarine:** Willow Run for Vegans margarine is one molecule different from plastic. Leave it out and even flies will not approach it.
- **Mirin:** Rice Wine Sweetener. Eden's has no alcohol content.
- **Mustard Prepared:**
 - Dijon
 - Brown
 - Yellow
 - Honey
 - Horseradish
- **Nayonnaise:** the best of the egg-free mayonnaise like sauces
- **Nuts:**
 - Almonds
 - Pecans
 - Peanuts
 - Pistachios
 - Hazelnuts
 - Walnuts
- **Onions:**
 - Spanish
 - Sweet
 - Vidalia
 - White Shallots
 - Pearl

Your Vegetarian Kitchen

Explore the Vegetarian Chef in YOU

- **Pasta:** in several shapes and made of several grains
- **Pulses:**
 - Dried Beans
 - Peas
 - Legumes
 - Lentils
 - Red and Brown Adzuki
 - Mung
 - Chickpeas
 - Kidney Beans
 - Black Beans
 - Pea Beans
 - Black Eyed Peas
 - Green and Yellow Split Peas
- San-J Szechuan Hot Sauce
- Sea Salt
- **Seeds:**
 - Cashews
 - Sesame
 - Sunflower
 - Pipitas
- **Shoyu:** Natural Soy Sauce
- **Sugar:**
 - Brown
 - Dark Brown
 - Turbinado
 - Granulated
 - Raw
 - Confectioner's
- **Syrup:**
 - Maple (Pure)
 - Pecan
 - Blueberry
- **Molasses:**
 - Golden
 - Dark
 - Blackstrap.
- **Honey:**
 - Clover
 - Orange Blossom
 - Blueberry
 - Buckwheat
 - Wildflower
- **Agave:** Light or Dark
- **Stevia:** Liquid or Powder
- **Tamari:** Natural Soy Sauce
- **Tea:**
 - Herbal
 - Black
 - Green
 - White
- **Thickening Agents:**
 - Flour
 - Arrowroot
 - Corn Starch
 - Kudzu
 - Potato Flour
- Tapioca
- **Tomato:** (canned and jarred)
 - Crushed
 - Whole
 - Diced
 - Stewed
 - Sun Dried (dried and in oil)
 - Purée
 - Paste
 - Sauce in many varieties
- Umeboshi Plum Paste
- **Vinegar:**
 - Apple Cider
 - Red Wine
 - White Wine
 - Balsamic
 - Orange Muscat
 - Mango Chili
 - Grapefruit

*for use in cooking as well as salad dressings
- Wasabi
- **Yeast:**
 - Red Star Baking Yeast
 - Red Star Nutritional Yeast

*these are two distinctly different products for two distinctly different uses one for baking the other for nutritional benefit

Thank you for visiting

www.Your-Vegetarian-Kitchen.com

*list revised 4/9/2011