

### 3 Month Baking Supplies

Organic Sugar 5lbs	2	WW Bread mix	3
O Brown Sugar 1lb	3	WW Baking mix	1-2
O Powdered Sugar	3	<b>Spices and Add-ins:</b>	
O Date/Coconut Sugar	1-3	Cinnamon	3
Bulk Organic Honey	3-5 gl	Nutmeg	1
O Molasses	1 gl	Ginger	1
O Maple Syrup	2-3 qtz	Cloves	1
O Agave	2-3 pts	Cardamom	1
O honey bears (bins)	3	Powdered Eggs	
O Stevia	3 bx/btl	O Vanilla	3 btl
O Gluten Free Flours	3-5 lbs	Raisins	3 bg
O Wheat Pastry Flour	1 lb	Dried Cranberries	3 bg
O Corn meal/grits	1lb	Walnuts	3 lbs
other rye, tapioca, etc.	1 lb	Cashews, pecans, etc.	1 lb
O Baking Soda	1 lb	Pistachios in shell	3 lbs
O Baking Powder	1 1lb	Chocolate Chips	6 bags
Yeast	3-5	Powdered Cocoa	3 cans
Salt (non Iodized)	2 lbs	Chocolate syrup	3
GF Baking mix	3	O Canned Milk	3
GF Bread mix	6-8	O Sweet milk	3
GF Muffin mix	2-4	O boxed cream	6
GF Pancake mix	2	Muffin tins	2-3
GF Corn bread mix	2	Gelatin and Pudding mix	

## **Culinary Herbs**

Table Salt

Ground Pepper

Pepper Grounds

Parsley

Sage

Rosemary

Theme

Oregano

Basil

Dill

Cilantro

Marjoram

Coriander

Fennel

Cumin

Chili Pepper/ Cayenne

Paprika

mustard

wasabi

Ginger fresh

Sesame seeds

Flax seeds

pumpkin seeds

sunflower seeds

Chia seeds

Peppermint

Mint

Chamomile

## **Oils and Vinegars;**

Grapeseed Oil

Olive Oil

Coconut oil

Sesame seed oil

Balsamic vinegar

Red wine vinegar

Rice vinegar

Malt Vinegar

Apple Cider Vinegar

## **Medicinal Herbs:**

Borage  
mugwort  
motherwort  
Bone knit  
Echinacea  
Goldenseal  
cannabis  
horehound

## **Herbal Teas**

Gypsy Cold Care  
Throat Coat  
Breathe Easy  
Peppermint  
ginger  
hibiscus  
Yerba Mate bulk  
Yerba mate pkts  
green tea

## **Herbal Supplements.**

Vit A  
B Complex  
Vit C  
Vit D  
Vit E  
Multi Vitamin  
Cal Mag Zinc  
Probiotics  
Omega Oils (flax, primrose)  
Fish oils  
Multi mineral  
Magnesium  
Zinc  
Selenium  
Joint Supplement  
papaya enzyme  
collagen  
Aloe  
Protein Powder (patriot)  
Emergence C packets