## THE GFE* PANTRY

| 1. Apple cider vinegar | 14. Coconut, shredded | 27. Garlic | 40. Parmesan cheese |
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| 2. Apples | 15. Confectioner's sugar | 28. GF flour mix (3 parts Asian white rice flour and 2 parts cornstarch); rice flour; cornstarch; tapioca starch | 41. Peanut butter |
| 3. Baking powder, baking soda, ~~xanthan gum, vanilla extract | 16. Corn tortillas (grilled cheese, casseroles, quesadillas, fajitas, "crackers/chips" for soup topping/salsa) | 29. GF soy sauce (~~San-J wheatfree tamari; La Choy regular--not lite and not teriyaki; and you can even make your own soy sauce substitute using molasses) | 42. Potato chips |
| 4. Salt (regular and sea salt) | 17. Cornmeal (e.g., Tender Bake, Indianhead) | 30. Granulated sugar | 43. Potatoes (Russet, white and sweet) |
| 5. Balsamic vinegar | 18. Cornstarch | 31. Ground beef/venison | 44. Rice (white, brown, Minute Brown Rice); Rice cereal (breading) |
| 6. Bananas | 19. ~~Crackers (Blue Diamond Nut Thins, Crunchmaster) | 32. Honey, maple syrup, and molasses | 45. Salad "greens" (spinach, romaine, cole slaw mix, cucumbers, avocados) |
| 7. Better than Bouillon (chicken, beef, ham, clam) | 20. Cream cheese | 33. Instant mashed potatoes (e.g., Idahoan, for breading, "filler" like for meatballs) | 46. Salsa (for chips and recipes like soup) |
| 8. Brown sugar, coconut sugar | 21. Dried cranberries | 34. Ketchup (Heinz), mayo (Duke's), mustard (Dijon, brown) | 47. Tapioca |
| 9. Butter | 22. Eggs (large and extra large) | 35. Lemons/lemon juice and Limes/lime juice | 48. Texas Pete hot sauce |
| 10. Cheese blocks (cheddar, Swiss, etc. ... some in freezer) | 23. Evaporated milk | 36. Nuts (almonds, cashews, pecans, walnuts, etc. for nut "cereal," snacking, breading) | 49. Tortilla chips |
| 11. Chili sauce (Heinz), Worcestershire sauce (Lea \& Perrins) | 24. Fresh vegetables (artichokes, broccoli, green peppers, red peppers, mushrooms, etc.) | 37. ~~Oats (Gifts of Nature and others certified gluten free by GFCO or CSA) | 50. Tuna |
| 12. Chocolate chips and cocoa | 25. Frozen/canned artichoke hearts | 38. Olive oil (EVOO, extra light, mild), grapeseed oil, coconut oil | 51. V-8, wine |
| 13. Spices/herbs/seasonings (e.g., cinnamon, seasoned salt, Italian seasoning, dried parsley, Old Bay, cayenne pepper, smoked paprika, basil, rosemary) | 26. Frozen/canned vegetables and fruit (tomatoes, peas, corn, green beans, kidney beans, chickpeas, lima beans, black beans, pumpkin, etc.) | 39. Onions | 52. ~~Van's frozen waffles (for bread crumbs) |
| Shirley Braden of the King George Gluten Intolerance and Celiac Group (KGGICG) <br> Website: http://glutenfreeeasily.com Email: glutenfreeeasily@gmail.com <br> *Gluten Free Easily-Basic ingredients that are naturally gluten-free, with a few gluten-free specialty items. The GFE Pantry means the actual pantry, cabinets refrigerator, and freezer---any place where food is stored. <br> $\sim \sim$ Indicates gluten-free specialty item. |  |  |  |

