

# How to Stock Your Baking Pantry



Bring this shopping list with you when you go to the grocery store to ensure you have everything you need to start baking.

## Basics to Get Started

- All-Purpose Flour
- Baking Powder
- Baking Soda
- Butter (or alternative fat)
- Eggs (or egg substitute)
- Ground Cinnamon
- Milk (or alternative non-dairy)
- Molasses
- Vanilla Extract
- White Sugar (or alternative sweetener)
- Yeast

## Extra Add-Ons

- Bread Flour
- Cake Flour (All-purpose or whole grain)
- Corn Starch
- Italian "00" Flour
- Oat Groats
- Old Fashioned Rolled Oats
- Plain Yogurt or Sour Cream
- Rye Flour
- Semolina Flour
- Sprinkles
- Steel Cut Oats
- Stone Ground Cornmeal
- Whole Grains (Wheat, Rye, etc.)
- Whole Wheat Flour

## Sweeteners

- Coconut Sugar
- Date Sugar or Date Syrup
- Fruit Jams or Jellies
- Honey
- Maple Sugar or Maple Syrup
- Powdered Sugar
- Sucanat (Whole Dried Sugar Cane Juice)
- White Sugar

## Fats

- Butter
- Coconut Oil
- Lard or Leaf Lard
- Olive Oil
- Tallow

## Add-Ins, Flavorings, and Spices

- Apple Sauce
- Apples, Sliced and Canned
- Almond Paste
- Chocolate Chips
- Cocoa Powder, Unsweetened
- Espresso Powder
- Natural Food Coloring
- Other Ground & Whole Spices (Cinnamon, etc.)
- Peanut Butter
- Pumpkin, Canned
- Shredded Coconut, Unsweetened
- Vanilla Extract and Other Flavored Extracts

## Shelf-Stable Dairy and Alternatives

- Coconut Milk
- Condensed Milk
- Evaporated Milk
- Goat Milk
- Other Alternative Milk (Canned or aseptic pkg)
- Powdered Buttermilk
- Powdered Milk (Full fat/non-fat, aseptic pkg)

## Gluten-Free Alternatives

- Arrowroot Powder
- Buckwheat Flour
- Chickpea Flour
- Coconut Flour
- Cornmeal
- Oat Flour
- Potato Starch
- Tapioca
- White Rice Flour
- Xanthum Gum

## Ancient Grains (Whole or floured)

- Einkorn
- Emmer (Farro)
- Kamut
- Spelt

## Video and Blog Links

- [Stock Your Baking Pantry](#) (How to use this list.)
- [Essential Whole Grains for Your Prepper Pantry](#)
- [Why You Need to Store Whole Grains in Your Prepper Pantry](#) (and 3 Ways to Make Flour)