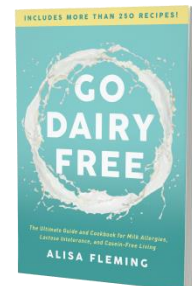


# Stocking Your Go Dairy Free Pantry

## The Nut-Free & Peanut-Free Shopping List



[Go Dairy Free](#) contains about 230 recipes that are also nut-free or have a fully-tested nut-free option! (Some of these recipes do use coconut, which is [not actually a tree nut](#)). Remember to select dairy-free and nut-free versions of each pantry item. Read the ingredients and contact the manufacturer to verify processes if potential cross-contamination is a concern for you.

Please note that some ingredients are tricky, like coconut milk powder and chocolate. So I have referenced pages in [Go Dairy Free](#) where you can read more.

### Flours & Starches

All-Purpose Flour  
Bread Flour (optional)  
Chickpea Flour (optional)  
Cornstarch, non-GMO  
Semolina Flour  
Spelt Flour (optional)  
Tapioca Starch  
Wheat Bran  
Wheat Gluten  
Wheat or White-Wheat Flour  
Whole Wheat Pastry Flour

### Cereals & Grains

Barley, Pearl  
Cereal, Crispy Rice  
Cereal, 7-Grain Hot (optional)  
Lentils, Brown  
Lentils, Red  
Millet  
Oats, Quick  
Oats, Rolled  
Polenta, Dry / Cornmeal  
Popcorn  
Quinoa  
Rice, Arborio  
Rice, Brown  
Rice, White (see [this](#))

### Oil & Fats

Cocoa Butter (food grade)  
Coconut Butter  
Coconut Oil  
Extra-Virgin Olive Oil  
High-Heat Oil (p148)  
Neutral-Tasting Oil (p146)  
Olive Oil  
Palm Shortening, Sustainable  
Red Palm Oil (optional)  
Sesame Seed Oil

### Sweeteners

Brown Sugar  
Cane Sugar  
Coconut Sugar  
Corn Syrup or Golden Syrup  
Honey  
Maple Syrup  
Molasses, Blackstrap  
Molasses, Light  
Powdered Sugar  
Stevia Extract (optional)

### Other Baking Supplies

Active Dry Yeast  
Agar Agar Powder  
Baking Powder  
Baking Soda  
Carob Powder  
Coconut, Unsweet Flakes  
Coconut, Unsweet Shredded  
Graham Crackers  
Maple Extract (optional)  
Marshmallows (optional)  
Orange Extract (optional)  
Peppermint Extract  
Sunflower or Soy Lecithin  
Vanilla Extract  
Vanilla Flavoring or Paste  
Vanilla Powder (optional)  
Xanthan Gum or Guar Gum

### Chocolate (see p154)

Cocoa Powder  
Dark Chocolate  
Chocolate Chips, Mini  
Chocolate Chips, Semi-Sweet

### Seeds & Seed Butter

Chia Seeds  
Flax Seeds  
Hemp Seeds  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Sunflower Seed Butter  
Tiger Nuts

### Dried Fruit

Apples  
Blueberries or Cherries  
Cranberries  
Figs  
Medjool Dates (optional)  
Freeze-Dried Pineapple  
Freeze-Dried Strawberries  
Raisins

### Beverages

Cherry Juice (not tart)  
Coconut Milk Powder (p416)  
Coffee, Instant  
Liqueur, Flavored (optional)  
Pineapple Juice  
Rice Milk Powder (optional)  
Rum, White (optional)  
White Wine

### Herbs & Spices

Allspice  
Basil  
Black Pepper  
Cardamom  
Cayenne  
Chili Powder

Chinese Five-Spice Powder  
Chipotle Chili Powder  
Chives  
Cinnamon  
Cloves  
Coriander, Ground and Seeds  
Crushed Red Pepper  
Cumin, Ground and Seeds  
Curry Powder  
Dill  
Fennel, Ground and Seeds  
Garlic Powder  
Ginger, Ground  
Marjoram  
Mustard Powder  
Nutmeg  
Nutritional Yeast  
Onion Powder  
Oregano  
Paprika  
Parsley  
Sage, Ground  
Salt  
Smoked Paprika  
Thyme  
Turmeric, Ground  
White Pepper

### Cans & Jars

Applesauce  
Artichoke Hearts  
Beans, Black  
Beans, Cannellini  
Beans, Chickpeas / Garbanzo  
Beans, Pinto (optional)  
Black Olives  
Capers  
Chipotle Chiles in Adobo Sauce  
Coconut Cream  
Coconut Milk, Full Fat  
Coconut Milk, Lite  
Cream of Coconut

### Notes

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Green Chiles, Diced  
Green Olives (optional)  
Kalamata Olives  
Mushrooms  
Pineapple, Chunks  
Pineapple, Crushed  
Pumpkin  
Roasted Red Bell Peppers  
Salmon  
Salsa  
Tahini  
Tomato Paste  
Tomato Sauce  
Tomatoes, Crushed Unsalted  
Tomatoes, Diced

### Broth (not low-sodium)

Beef Broth  
Chicken Broth  
Mushroom Broth (optional)  
Vegetable Broth

### Other Seasonings

Dijon Mustard  
Hot Sauce (optional)  
Ketchup  
Liquid Smoke  
Mayonnaise  
Miso, White  
Salsa  
Soy Sauce or Tamari  
Vinegar, Apple Cider  
Vinegar, Balsamic  
Vinegar, Unseasoned Rice  
Vinegar, White  
Vinegar, White Wine  
Worcestershire Sauce

### Bread Products

Bread Crumbs

Gnocchi (optional)  
Nori Sheets  
Pasta, Alphabet or Ring  
Pasta, Lasagna  
Pasta, Macaroni  
Pasta, Rotini or Fusilli  
Pasta, Spaghetti or Linguine  
Rice Noodles  
Tortilla Chips  
Tortillas, Corn  
Tortillas, Flour for Wraps  
Udon or Soba Noodles  
Wonton Wrappers (optional)

### Other

Probiotic Powder (see [this](#))  
Protein Powder (see [this](#))  
Soybeans, Dry  
Tofu, Firm Silken  
Tofu, Extra-Firm Silken  
Tofu, Firm

### Optional Conveniences

There are full recipes for the following in [Go Dairy Free](#), but you can optionally purchase dairy-free versions.

Bread  
Milk Beverage, Unsweetened  
Tostadas  
Pie Crust  
Garam Masala  
Pizza Crust  
Pizza Sauce  
Pasta Sauce  
Pumpkin Pie Spice  
Hamburger Buns