

20 HEALTHY pantry STAPLES

- Flour
- Sugar
- Honey
- Baking powder
- Yeast
- Oil
- Rice
- Quinoa
- Rolled oats
- Tomatoes
- Chicken broth
- Beans
- Spices
- Eggs
- Cheese
- Butter
- Coconut milk
- Lemons
- Garlic
- Onions

