

MOVE NOURISH BELIEVE

## NO ADDED SUGAR SHOPPING LIST

A COLLECTION OF OUR FAVOURITE INGREDIENTS TO MAKE LIFE A LITTLE BIT SWEETER

### *DAIRY*

NATURAL, UNSWEETENED YOGHURT  
ORGANIC FULL-FAT MILK  
WHEY PROTEIN POWDER

### *FRUIT*

BERRIES, FROZEN OR FRESH  
APPLES  
ORANGES & CITRUS FRUITS  
YOUNG COCONUTS  
LEMONS  
LIMES  
BANANAS

### *BAKING ESSENTIALS*

SPELT FLOUR  
COCONUT FLOUR  
OAT FLOUR  
QUINOA FLOUR  
BUCKWHEAT FLOUR  
BROWN RICE  
BI-CARB SODA  
GLUTEN-FREE BAKING POWDER

### *NATURAL SWEETENERS*

RAPADURA SUGAR  
COCONUT SUGAR  
MAPLE SYRUP  
MEDJOOOL DATES  
RAW HONEY  
STEVIA

### *DELICIOUS EXTRAS*

NUT BUTTER  
CINNAMON  
COCONUT CREAM  
COCONUT FLAKES/SHREDDED COCONUT  
GOJI BERRIES  
CACAO POWDER & NIBS  
VANILLA BEANS OR POWDER  
ALMOND MILK

### *GRAINS NUTS & SEEDS*

#### **SEEDS**

PEPITAS  
SUNFLOWER SEEDS  
CHIA SEEDS  
QUINOA & QUINOA FLAKES

#### **NUTS**

MACADAMIAS  
ALMONDS  
CASHEWS  
BRAZIL NUTS  
WALNUTS

#### **GRAINS**

ROLLED OATS  
BUCKWHEAT

### *OILS*

COLD-PRESSED COCONUT OIL  
ORGANIC BUTTER  
GHEE

#LJNOADDEDSUGAR

