

**Real Food Made Easy Ingredients  
(June 2013)**

- products and brands we currently use in our baking -

Flours:

Almond flour	jk gourmet
Amaranth flour	El Peto King Arthur flour Bob's Red Mill
Brown Rice flour	El Peto Cuisine de Soleil
Buckwheat flour (raw buckwheat flour, unhulled buckwheat flour and green buckwheat flour)	Aliments Trigone Cuisine de Soleil
Cornstarch	Tate & Lyle unmodified cornstarch Bob's Red Mill
Coconut flour	Lets Do Organic
Garfava flour	Bob's Red Mill
Quinoa flour	GoGo Quinoa
Rice flour	El Peto
Sorghum flour	Bob's Red Mill
Sweet Rice flour	Koda Farms Mochiko
Potato flour	Bob's Red Mill
Potato starch	El Peto Bob's Red Mill
Tapioca Starch	El Peto Bob's Red Mill

Teff flour	Bob's Red Mill
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#### Whole and cracked grains, seeds

Buckwheat flakes Buckwheat cereal	Aliments Trigone
Buckwheat groats	Bob's Red Mill
Chia Seed	Prana Chia
Corn meal, polenta	El Peto Bob's Red Mill
Rolled oats	Avena Foods Only Oats
Quinoa flakes	GoGo Quinoa
Cracked Rice	Bob's Red Mill

#### Binders, thickeners and Leaveners

Egg replacers	Ener-g
Baking soda	Bob's Red Mill Arm and Hammer
Baking Powder	Fleishman's double acting Bob's Red Mill
Yeast	Instaferm (Fermipan) Red SAF Red Instant Yeast
Xanthan gum	Bob's Red Mill
Guar gum	Bob's Red Mill
Gelatin	Planet Organic
Agar powder	Planet Organic
Psyllium husks	B.G. Telephone Brand Sat-Isabgol

## Other ingredients

Applesauce	house made OR Sunripe
Almond milk	Almond Breeze
Butter (unsalted)	Foremost Island Farms
Chocolate (chips, block)	Enjoy Life Presidents Choice Decadent Semi-sweet chocolate chips Organic Fair baking chocolate
Canola oil	
Candied Ginger	The Ginger People
Citrus oils	Boyajian
Cocoa powder	Fry's (we always check labels on each new container!) Wilderness Family Naturals
Coconut flakes, medium unsweetened	
Coconut milk	Arroy-D
Coconut oil	Nutiva
Corn syrup	
Cream cheese	Philadelphia
Dried Apricots	Sun Maid
Dried Cranberries	Ocean Spray Craisins
Jams	made in-house
Lard	the Village butcher

Molasses	Crosby's
Raisins	Golden Boy
Rice milk	Natur-a
Salt	Bob's Red Mill sea salt Maldon Fleur de Sel
Shortening	Earth Balance buttery sticks Earth Balance coconut oil shortening
Soymilk	Natur-a Organic Vanilla soymilk
Spices	McCormick brands (McCormick, Spice Cargo, Club House) Some spice mixes made in-house from whole spices
Sugar, brown	Rogers
Sugar, confectioners	Rogers
Sugar, granulated	Rogers
Vanilla extract	House Made using Organic Fair vanilla beans, overproof vodka
Yogurt	Liberte Olympic