

Many recipes can be prepared using the following list of Oils, Liquids, and Dry Spices; the recipes we are preparing will include items from this list. 😊 – Chef Brandon

<p>List of Oils</p> <p>Olive Oil</p> <p>Sesame Oil</p> <p>Light Mayonnaise (Safflower is preferred)</p> <p>List of Liquids</p> <p>Coconut Milk or Almond Milk</p> <p>Lemon Juice</p> <p>Lime Juice</p> <p>Vegetable broth Lower Sodium</p> <p>Chicken Broth Lower Sodium</p> <p>Tomato Sauce</p> <p>Red Wine Vinegar</p> <p>Water</p> <p>Balsamic Vinegar</p> <p>Honey</p> <p>Peanut Butter (or Alternative)</p> <p>Dijon Mustard</p> <p>Soy Sauce (Tamari Soy Sauce preferred)</p> <p>Rice Wine Vinegar</p> <p>Coconut Aminos</p> <p>Capers</p>	<p>List of Dry Spices</p> <p>Salt</p> <p>Black Pepper</p> <p>Curry Powder</p> <p>Chili Powder</p> <p>Onion Powder/Granulated/Minced</p> <p>Garlic Powder/Granulated/Minced</p> <p>Ground Cinnamon</p> <p>Ground Flax Seed</p> <p>Ginger /ground/fresh grated</p> <p>Crushed Red Pepper</p> <p>Sesame Seeds</p> <p>Paprika</p> <p>Dry Thyme</p> <p>Dry Oregano</p> <p>Dry Ginger</p> <p>Dry Parsley</p> <p>Dry Rosemary</p> <p>Dry Basil</p> <p>Ground Cumin</p> <p>Stevia</p> <p>Oat Flour or Almond Flour</p> <p>Tajin – Chili Lime Seasoning</p>
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