

INGREDIENTS

Keep these ingredients on hand for all your Paleo baking needs!



Bragg USDA Organic Raw Apple Cider Vinegar \$10.09

Raw, unfiltered organic apple cider vinegar has almost too many health benefits to count! It's also great for helping get a nice, fluffy texture in Paleo baked goods like cakes.



Nature Nate's Raw and Unfiltered Honey \$10.62

"Runny honey" is perfect for making Paleo desserts like ice cream and cakes. Any time Paleo Sweets calls for just "honey", this is the bottle to grab. Runny honey has slightly less glucose than creamed honey, so it creates a different texture in the finished product.



Honest Raw Honey Creamed \$12.00

Creamed honey is thicker and creates a different texture when used in cooking or baking. It contains slightly more glucose than "runny honey", which gives it its thicker, creamier texture.



Hidden Springs Maple Natural Vermont Syrup \$20.85

Pure maple syrup is tops and tails above anything called "pancake syrup", which contains additives and artificial colors and flavors. Pure maple syrup is a natural sweetener perfect for chocolate baked goods and has less sugar per tablespoon than honey.



Wholesome Sweeteners Organic Coconut Sugar \$5.49

Coconut sugar is a minimally processed, vitamin and mineral rich alternative to regular sugar. It has a caramelly color and flavor and can be substituted cup-for-cup in recipes calling for white sugar.



Healthworks Cacao Powder Raw Organic \$10.92

Choco-up your life with this magnesium-rich cacao powder! Cacao powder is cocoa powder that hasn't been heat processed, so it retains more enzymes and beneficial nutrients.



4th&Heart Grass-Fed Ghee Butter, Himalayan Pink Salt \$10.88

Ghee is a delicious variation of clarified butter. It has a golden color and richer flavor, and is a great "buttery" option for those who seek to avoid lactose or casein. You can also use ghee in place of palm shortening.



Carrington Farms Organic Extra Virgin Coconut Oil \$26.60

Coconut oil is a sweetheart of the Paleo community. It's full of healthy fats and makes a great addition to any of the Paleo Sweets you choose to make!



Healthworks Cacao Butter Raw Organic \$13.92

Cacao butter gives dairy-free white chocolate its yummy taste! It's also great to moisturize your skin when you're feeling a little dry and want to smell delicious.

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Bakers, Unsweetened Chocolate \$9.00

Baking chocolate creates rich, deep chocolate flavors in brownies and ganache. I like Baker's brand because it was in my kitchen cabinet growing up 😊



1-Gallon Glyphosate-Tested Palm Shortening \$34.99

Tropical Traditions sources it's palm shortening and other products from farms that meet strict sustainability requirements that keep your tummy and the planet healthy! Palm shortening is also shelf stable, so buying in bulk can be a good option.



Spectrum Naturals Organic Shortening \$12.86

Palm shortening is a healthier alternative to regular shortening – it's minimally processed and tolerates high heats when cooking and baking. It makes wonderful fluffy and flaky textures in baked goods.



Bragg Organic Yeast Seasoning \$8.50

Nutritional yeast is a healthy source of B-vitamins, and we can use it to make Paleo-friendly almond butter taste a little more like peanut butter. It also tastes great on veggies like broccoli!



Simply Organic Pure Vanilla Extract \$9.99

Pure vanilla extract my #1 choice for high quality, awesome tasting sweet treats. Always avoid “artificial vanilla flavoring” and go for the good stuff – it makes a difference you can taste.



Bob's Red Mill Arrowroot Starch/Flour 16 oz \$10.99

A little arrowroot can go a long way if you only bake or cook occasionally. Bob's Red Mill makes great gluten-free and grain-free flours, like this 1-lb bag of arrowroot starch/flour.



Arrowroot Flour (2.5lbs) by Anthony's \$10.99

Arrowroot flour (also called arrowroot starch) is so versatile, I like to have a big bag of it around the house all the time. Store sealed arrowroot flour in a cool, dark place.



Almond Flour - Very Fine 1 lb \$12.08

A 1-lb bag of almond flour is all you need to bake a batch of brownies or cookies here and there.



Almond Flour Blanched, Anthony's 4lb Bag \$29.99

Anthony's makes a high quality fine blanched almond flour that works great in brownies, cookies, and pie crusts. Buy in bulk and store sealed almond flour in the fridge for several months.

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Organic Coconut Flour (4lb) by Anthony's \$11.99

I love this coconut flour because buying in bulk allows me to bake all the cakes I want. Store coconut flour sealed in the fridge for several months.



Bob's Red Mill Organic Coconut Flour, 16 oz \$9.87

Bob's Red Mill makes high-quality gluten-free and grain-free flours. This 1-lb bag is perfect if you only cook with coconut flour once in awhile. This is the right amount if you're making one of the cakes from Paleo Sweets for a birthday or other special occasion.



Avocado Oil \$10.99

Avocado oil is one of the best Paleo-friendly cooking oils to use - you can sauté with it, make your own mayonnaise, or even roast at temperatures up to 500°



Cacao Paste \$14.53

Cacao paste is all of the chocolate flavor with none of the sugary guilt. It's great for making Paleo-friendly white chocolate treats!



Coconut Butter \$11.40

This is one of my must-have snacks. Coconut butter is lightly sweet and tastes great stuffed into a date or on it's own on a spoon. It's a yummy healthy fat that helps you stay satisfied