



HEALTHY PANTRY STAPLES TO ALWAYS HAVE ON HAND

Want more flavor in your healthy meals? Just add spices to make cooking more delicious, more satisfying and more fun.

HEALTHY EATING

Spice Up Your Cooking

You've embarked on your wellness journey—but you're worried about keeping your enthusiasm high and wondering if your meals still can be interesting and flavorful.

No need to worry! Healthy eating should not be bland and boring. If you've been enjoying OhSoGood in your café, you know it's all about full meals with full flavor. We want to help you have that same experience at home, too. So, open your spice drawer and bring flavor to your meals!

Here are items to have in a healthy pantry:
Healthy Pantry Staples to Always Have On Hand!

- dried beans and lentils
- canned no-salt-added beans
- whole grains
- whole grain pasta
- rolled and/or steel-cut oats
- canned no-salt-added diced tomatoes
- low-sodium vegetable broth
- unsweetened plain soymilk
- unsweetened plain almond milk
- mellow white miso
- tahini
- no-salt-added peanut or almond butter
- raw almonds, cashews, walnuts, and sunflower seeds
- dried apricots, dates and raisins
- Dijon mustard
- cider vinegar
- nutritional yeast

Pantry stocked? Get cooking with some of our healthy recipes .