

WHOLE WHEAT  
*Flour*

POWDERED  
*Sugar*

*Cashews*   *Almonds*   *Sunflower SEEDS*

OLD-FASHIONED  
*Rollod Oats*

SPLIT  
*Peas*

*Lentils*

*Garbanzo*  
BEANS

BLACK  
*Beans*

ALL-PURPOSE FLOUR	WILD RICE
WHOLE WHEAT FLOUR	BROWN RICE
ROLLED OATS	POWDERED SUGAR
CORNMEAL	WHITE SUGAR
POPCORN	BROWN SUGAR
QUINOA	SPLIT PEAS
ARBORIO RICE	LENTILS
BASMATI RICE	PINTO BEANS
JASMINE RICE	BLACK BEANS
CORNSTARCH	BAKING SODA

15  
printable  
pages