



Basic Cupboard Ingredients

- Vegetable oil
- Pepper
- Mixed Herbs
- Tomato Puree
- Cumin
- Oregano
- Mild Chilli Powder
- Paprika
- Mild Curry Powder
- Cinnamon
- Mixed Spice
- Ground Ginger
- Wholemeal Flour & Self Raising Flour
- Muscavado Sugar
- Mixture of seeds (i.e, pumpkin, sunflower, sesame, pine nuts)
- Raisins
- Sultanas
- Baking powder
- Bicarbonate soda