

APPENDIX

## RESOURCES

### Ingredients

#### 4th & Heart

[fourthandheart.com](http://fourthandheart.com)

Organic ghee

#### Arrowhead Mills

[arrowheadmills.com](http://arrowheadmills.com)

Flours and grains, puffed grains

#### Artisana Organics

[artisanaorganics.com](http://artisanaorganics.com)

Organic coconut butter, coconut oil, nut butters

#### Bionaturae

[bionaturae.com](http://bionaturae.com)

Organic fruit juice–sweetened fruit spreads and fruit “nectars”

#### Bob's Red Mill

[bobsredmill.com](http://bobsredmill.com)

Countless flours (including nut and coconut flours), grains, milk powder, starches, nutritional yeast, protein powders

#### Castle Valley Mill

[castlevalleymill.com](http://castlevalleymill.com)

Wheat flours, oats and oat flour, cornmeal

#### Date Lady

[ilovedatelady.com](http://ilovedatelady.com)

Date sugar, date syrup

#### Eden Foods

[edenfoods.com](http://edenfoods.com)

Unsweetened applesauce and apple butter, juice-sweetened dried cranberries and blueberries, cherry butter, agar-agar, vinegars, dried fruits, matcha, tahini, miso

#### Edward & Sons Trading Company

[edwardandsons.com](http://edwardandsons.com)

Shredded and flaked coconut, coconut flour, coconut milk and cream, coconut oil, arrowroot, cornstarch, tapioca, sweet potato flour, starches

#### Frontier Co-op

[frontiercoop.com](http://frontiercoop.com)

Pink peppercorns, roasted chicory root, nutritional yeast, spices (wonderful cinnamon), rosehips, pure organic stevia powder, buttermilk powder, agar-agar, cacao nibs, vanilla beans and extracts, matcha and other teas, starches, organic milk powder

#### Ghirardelli Chocolate

[ghirardelli.com](http://ghirardelli.com)

Unsweetened chocolate bars, cocoa powder

#### Guittard Chocolate Company

[guittard.com](http://guittard.com)

Unsweetened chocolate bars, cocoa powder

#### iHerb

[iherb.com](http://iherb.com)

Online grocery store with a wide range of items stocked, including bee pollen, ghee, roasted chicory root, cacao butter

#### Karen's Naturals

[shopkarensnaturals.com](http://shopkarensnaturals.com)

Freeze-dried fruits and fruit powders

#### King Arthur Baking Company

[shop.kingarthurbaking.com](http://shop.kingarthurbaking.com)

Flours, espresso powder

#### Maskal Teff

[teffco.com](http://teffco.com)

Teff flour

**Milk Street**

[store.177milkstreet.com](http://store.177milkstreet.com)

Orange blossom water

**Natierra**

[natierra.com](http://natierra.com)

Freeze-dried fruits, organic cacao powder

**Navitas Organic**

[navitasorganics.com](http://navitasorganics.com)

Cacao butter, cocoa powder, cacao nibs, matcha, dried mulberries

**Now Foods**

[nowfoods.com](http://nowfoods.com)

Milk powder, buttermilk powder, nuts and seeds, date sugar, flours and grains, starches, agar-agar powder, gelatin powder

**Nuts.com**

My go-to site. Dazzling selection of dried fruits, freeze-dried fruits, and, yes, nuts. Also hard-to-find flours and spices like chestnut flour and roasted chicory root. Very dependable, fast delivery.

**Pickyourn.org**

Directory of pick-your-own farms across the United States

**Sahadi's**

[sahadis.com](http://sahadis.com)

Mahlab, mastiha, spices

**Shiloh Farms**

[shilohfarms.com](http://shilohfarms.com)

Grains and flours, dried fruits (including dried Bing cherries, and dried apples), starches, sweet potato flour, apple butter, date sugar

**St. Dalfour**

[stdalfour.com](http://stdalfour.com)

Fruit juice-sweetened fruit spreads

**Trader Joe's**

[Traderjoes.com/stores](http://Traderjoes.com/stores) for locations

Freeze-dried fruits

**Vitacost**

[vitacost.com](http://vitacost.com)

Online grocery store that stocks a wide range of items, including Rigoni di Asiago's fruit-sweetened "Fiordifrutta" spreads, milk powder, sweet potato flour, freeze-dried fruits, and baked apple chips

**Equipment****King Arthur Baking Company**

[shop.kingarthurbaking.com](http://shop.kingarthurbaking.com)

**Milk Street**

[store.177milkstreet.com](http://store.177milkstreet.com)

**NY Cake**

[nycake.com](http://nycake.com)

**Sur la Table**

[surlatable.com](http://surlatable.com)

**WebstaurantStore**

[webstaurantstore.com](http://webstaurantstore.com)

**Whisk**

[whisknyc.com](http://whisknyc.com)

**Williams-Sonoma**

[williams-sonoma.com](http://williams-sonoma.com)