

Hello!

I have created these to organize my entire kitchen and cabinets with clearly marked jars and containers. Start saving and reusing your glass jars, invest in a few good airtight containers, and you will soon have a clean clutter-free pantry.

Thank you for being a reader on my blog and I hope you enjoy these free labels as a token of my appreciation. I hope you enjoy a beautiful and organized pantry for years to come!

Simply print these labels onto *Silhouette* brand adhesive sheets which are linked on my website. Peel and stick away!

Yours Truly,

Noha

SugarandGarlic.com

Cranberries Raisins Apricot

Pastry Flour Bread Flour

All Purpose Flour Walnut

Sugar Brown Sugar

Sumac hominy corn

Quick Oats Beans

Lavender Rose Flax

Granola Black Eyed Peas

Pumpkin Seeds Almonds

Sunflower Seeds Pecans

*Egyptian Rice Whole Wheat
Flour*

Wash and soak rice for 10 minutes.

1 cup rice: 1 ¼ c water. Boil, then reduce.

Fine Bulgur Quinoa

Soak in hot water. Then drain.

1 cup quinoa: 1 ¾ cup water

Rinse quinoa. Drain. Toast in pot.

Add water, and bring to a boil.

Long Grain Red Lentils

1 cup rice : # cups rice + 1 water

Bring to boil, then reduce.

Salt the water 1 tsp salt.

Rinse and simmer in water until tender. Lentil soup:

2 cups lentils: 7 cups liquid

3 cups broth, 4 cups water

Brown Rice Lentils

Instant Pot Method

2 cups rice: 2 ¼ c water

Wash rice and drain.

Saute with oil and 1 tsp salt.

Pressure cook 21 minutes,
natural release.

Instant Pot Method

2 cups lentils: 3 cups water

Wash lentils. Pressure cook 15
Minutes, then natural release.

Popcorn Black Lentils

½ c kernels on hot oil

Start with 2-3 kernels,
once they pop, add
the rest. Enjoy!

1 c lentils: 3 cups water.

Rinse. Cook in 3 cups water on stovetop.

قَمَح سَمِيد نَاعِم

سَمِيد خَشِن

قَمَح مَقْسُور تَشْعَرِيَّة

Black Beans Barley

Raisins Cranberries

Bread Flour Almond Flour

Persian Tea Turkish

Coffee

Macadamia Shredded Coconut

Hazelnuts chocolate chips

Chickpeas

Fava Beans