

**DEB PERELMAN**  
 Blogger and author of  
*The Smitten Kitchen Cookbook*



This New York City-based blogger cooks and bakes from scratch using lots of healthy ingredients. Here's what's always on hand at the home she shares with her husband, Alex, and their son, Jacob, 3.

**DRIED CHERRIES**

"Cherries are a really nice, tart addition to granola as a change from cranberries."

**QUAKER OATS**

"My son loves oatmeal, so I make a pot for him every day. Once in a while I'll try to give him something else for breakfast and he'll say, 'No! Oatmeal.'"

**LYLE'S GOLDEN SYRUP**

"This syrup has a faint caramel flavor. I use it on pancakes instead of maple syrup, or in a pecan pie recipe in place of corn syrup." \$4.50, englishteastore.com.

**SUN-MAID RAISINS**

"In the winter, instead of fresh fruit, I'll add raisins to my son's oatmeal with cinnamon, milk, and brown sugar."

**BARLEY FLOUR**

"This is high in protein but not heavy like some whole grain flours. I'll use it in recipes as a substitute for a portion of all-purpose flour—for example, 25% of the flour in berry muffins."



**GOYA BLACK BEAN SOUP**

"One of my pantry tricks! When I don't have time to simmer a pot of beans for a Tex-Mex dish, I'll use this soup instead."

**EXTRA VIRGIN OLIVE OIL**

"I keep two olive oils around. A lower-priced oil in a can is my everyday one for, say, frying an egg." \$11, amazon.com.

**COLUMELA SHERRY VINEGAR**

"Drizzle this over roasted vegetables. It has a deeper flavor than white wine vinegar." \$10, Whole Foods Market stores.

**DELALLO WHOLE WHEAT ELBOWS**

"This is the best whole wheat kind for mac and cheese. I don't feel like I'm eating it just because I'm supposed to!"

**SMOKED PAPRIKA**

"I buy spices the way other women buy lip gloss—my small, not-too-pricey treat. Smoked paprika is a favorite to add to eggs or chicken."

**MALDON SMOKED SEA SALT**

"I just discovered this, and I love it to garnish a margarita. It would be amazing with grilled fish, too." \$8, surlatable.com.