



Nutritional Information

Sandwich Bread: Water, Egg Whites, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Yeast, Coconut Sugar, Psyllium Husks, Xanthan Gum, Honey, Salt.

Baguette: Water, Egg Whites, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Yeast, Coconut Sugar, Psyllium Husks, Xanthan Gum, Honey, Salt. **Additional Ingredients: Sesame Seeds (Sesame Baguette).*

Tortilla: Water, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Coconut Sugar, Psyllium Husks, Ghee (Lactose and Casein free), Xanthan Gum, Salt.

Pita Bread: Water, Egg Whites, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Yeast, Coconut Sugar, Psyllium Husks, Xanthan Gum, Honey, Salt.

Bagel: Water, Egg Whites, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Yeast, Coconut Sugar, Psyllium Husks, Xanthan Gum, Honey, Salt. **Additional Ingredients: Sesame Seeds (Sesame Bagel), Poppy Seeds (Poppy Bagel), + Caraway Seeds, Garlic, Onion, Chile Peppers (Everything Bagel).*

Focaccia: Water, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Olive Oil, Yeast, Coconut Sugar, Psyllium Husks, Xanthan Gum, Honey, Salt, Za'atar Spice.

Pizza Crust: Water, Egg Whites, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Yeast, Coconut Sugar, Psyllium Husks, Italian Herbs, Olive Oil, Xanthan Gum, Honey, Salt.

Roll: Water, Egg Whites, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Yeast, Coconut Sugar, Psyllium Husks, Xanthan Gum, Honey, Salt. **Additional Ingredients: Sharp Cheddar Cheese (Cheddar Roll), Dark Chocolate Chips (Chocolate Roll).*

Hamburger Bun: Water, Eggs, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Yeast, Coconut Sugar, Psyllium Husks, Almond Milk, Grass-Fed Butter, Xanthan Gum, Honey, Salt.

Hot Dog Bun: Water, Eggs, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Yeast, Coconut Sugar, Psyllium Husks, Almond Milk, Grass-Fed Butter, Xanthan Gum, Honey, Salt.

Cinnamon Roll: Water, Egg Whites, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Yeast, Coconut Sugar, Psyllium Husks, Xanthan Gum, Honey, Salt. **Filling:** Cinnamon, Almond Flour, Ghee (Lactose and Casein free), Coconut Sugar.

Paleo Chocolate Chip Cookie: Almond Flour, Eggs, Grass-Fed Butter, Dairy-Free Dark Chocolate Chips, Coconut Sugar, Baking Soda.

Ooey Goey Chocolate Chip Cookie: Almond Flour, Eggs, Dark Chocolate, Coconut Sugar, Coconut Oil.

Amaretti Cookie: Almond Flour, Egg Whites, Coconut Sugar, Orange and Lemon Zest Extract.



Cardamom Brownie: Eggs, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Yeast, Coconut Sugar, Psyllium Husks, Grass-Fed Butter, Organic Cocoa Powder, Dark Chocolate, Instant Coffee, Cardamom, Xanthan Gum, Honey, Salt.

Baklava: Water, Almond Flour, Tapioca Flour, Arrowroot Flour, Coconut Flour, Flaxseed Meal, Coconut Sugar, Psyllium Husks, Xanthan Gum, Olive Oil, Vinegar, Salt. **Filling:** Walnuts, Pecans, Date Syrup, Cinnamon, Cloves.