

ALMOND BOULE (ROUND BREAD)

A beautiful presentation of flavor.

Perfect with soup, salad or as a quick protein snack.

No grain, dairy, soy, corn, yeast, sugar, gluten ingredients

Allergens: eggs, almonds, coconut

Nutrition: Serving size 1 slice: (42.5g). 9 slices per loaf. Amount per serving: Calories 190. Calories from Fat 140, Calories from Saturated Fat 70. Total Fat 15g (24%DV), Saturated Fat 8g (38%DV), Trans Fat 0g, Cholesterol 60mg (20%), Sodium 70mg (3%), Total Carbs 8g (3%) net Carbs 2g, Dietary Fiber 4g, Soluble Fiber 0g, Insoluble Fiber 0g, Sugars 1g, Protein 7g (13%dv), Vitamin A 2%, Calcium 2%, Iron 4%, Thiamin 2%, Riboflavin 4%, Vitamin B6 2%, Vitamin B12 4%



COCONUT BREAD

Our original Paleo-friendly bread.

No grain, dairy, soy, corn, granulated sugar, yeast ingredients

Allergens: eggs, coconut

Nutrition: Serving size 1 slice: (55.12g). Servings per container: 14. Amount per serving: Calories 120. Calories from Fat 70. Calories from Saturated Fat 15. Total Fat 8 g (13%DV), Saturated Fat 1.5g (9%), Trans Fat 0g, Cholesterol 110mg (36%), Sodium 25mg (10%), Total Carbohydrate 6g (2%), Dietary Fiber 4g (16%), soluble Fiber 0g, Insoluble fiber 0g, Sugars 1g. Protein 5g (9%)



SUPER SEED BREAD—VEGAN

Feel healthier at the 1st bite with this nutritionally dense food!

No grains, dairy, eggs, soy, nut, corn, yeast, sugar, gluten ingredients.

Allergens: Sesame Seeds

Nutrition: Serving size 1 slice: (28.35g), Servings per container: 12. Amount per serving: Calories 70, Calories from Fat 35. Total Fat 4g (6%dv), Saturated Fat 0.5g (3%DV), Trans Fat 0mg, Cholesterol 0mg, Sodium 40mg (2%DV), Total Carbohydrate 7g (2%DV), Dietary Fiber 2g (9%DV), Sugars 0g, Protein 3g, Iron 6%, Thiamin 4%



QUINOA BREAD—VEGAN

Quinoa is botanically not a grain, it's a seed in the beets and Swiss chard family.

Quinoa is a complete protein, *rich with antioxidants to help lower high blood pressure, fight cardiovascular disease and type 2 diabetes per the University of Illinois School of Medicine. It is also low on the glycemic scale and full of fiber.*

No grains, dairy, egg, soy, nut, corn, yeast, sugar, gluten ingredients.

Allergens: none

Nutrition: Serving size 1 slice: (69.88g). Servings per container: 12. Amount per serving: Calories 120, Calories from Fat 50, Calories from Saturated Fat 0, total Fat 6g (9%DV), Saturated Fat 0g, (0%), Trans Fat 0g, Cholesterol 0mg, Sodium 45mg (2%DV), Total Carbs 14g (5%DV), Dietary Fiber 4g (14%DV), Soluble Fiber 0g, Insoluble Fiber 05, Sugars 1g, Protein 5g (9%DV) Thiamin 50%, Riboflavin 4%, Niacin 6%, Vitamin B6 10%



FLAX FLAT BREAD

Top like focaccia or cut in wedges for a snack or with meal.

Flaxseed, or linseed (Linum usitatissimum L.), comes from the flax plant, which is an annual herb. Flax is a nutrient packed superfood, low carb, full of Omega-3s and helps lower the glycemic index of a carbohydrate meal.

No grains, dairy, soy, nut, corn, yeast, sugar, gluten ingredients.

Allergens: eggs

Nutrition: Serving size 1 slice: (22g). Servings per container: 8. Amount per serving: Calories 50, Calories from Fat 40, Calories from Saturated Fat 5, total Fat 4.5g (7%DV), Saturated Fat 0.5g (3%DV), Trans Fat 0g, Cholesterol 40mg (13%), Sodium 90mg (4%dv), Total Carbohydrate 2g (1%dv), Dietary Fiber 2g (9%dv) Soluble Fiber 0g, Insoluble Fiber 0g, Sugars 0g, Protein 3g (6%dv), Thiamin 60%, Vitamin B6 15%, Riboflavin 8%, Niacin 8%



COCONUT CREAM BISCUITS—2

A light flavored puff. Moist and tender.

No grains, dairy, soy, corn, yeast, sugar, gluten ingredients.

Allergens: eggs, coconut, almonds

Nutrition: Serving size 1 biscuit: (46g). Servings per container: 2. Amount per serving: Calories 120, Calories from fat 90, and Calories from saturated fat 35. Total fat 10g (15%dv), Saturated fat 4g (21%) Trans fat 0g Cholesterol 0mg, Sodium 115mg (5%dv), Ttl carbohydrates 4g (1%dv), dietary fiber 2g (9%dv), soluble fiber 0g, insoluble fiber 0g, sugars 1g, Protein 5g (9%dv)



COCONUT CAKE, UNFROSTED OR FROSTED

Delicately sweetened with coconut sugar.

Certified low glycemic coconut sugar and coconut flour used in this recipe

No grains, dairy, soy, corn, yeast, granulated sugar, gluten ingredients.

Allergens: eggs, coconut

Nutrition: Serving size 1 piece: (78.24g). Servings per container: 8. Unfrosted nutritional information Amount per serving: Calories 240, Calories from Fat 200 Total Fat 22g (34%DV), Saturated Fat 17g (87%), trans Fat 0g, Cholesterol 95mg (32%DV), Sodium 260mg (11%DV), total Carbohydrate 5g (2%DV), Dietary Fiber 3g (11%DV), Sugars 1g, Protein 5g. Vitamin A 2%, Calcium 2%, Iron 4%



FRUIT/NUT POWER COOKIES—VEGAN — 5 PCS

Nature sweet and delicious.

Sweetened with bananas and raisins

No dairy, egg, soy, corn, yeast, granulated sugar, gluten ingredients.

Allergens: nuts, coconut

Nutrition: Serving size 1 cookie. Servings per container: 5. Saturated fat 7g, trans fat 0g. Cholesterol 0mg. Sodium 15mg. Carbohydrates 23g. Dietary fiber 4g. Sugars 9g. Protein 5g.



COCONUT MESQUITE CACAO COOKIES — 3 PCS

True Delicacies.

Sweetened with mesquite flour, coconut sugar & raw cacao nibs.

No grains, dairy, soy, corn, yeast, granulated sugar, gluten ingredients

Allergens: eggs, coconut

Nutrition: Serving size 1 piece: (14.175g). Servings per container: 3. Amount per serving: Calories 30, Calories from Fat 15, Calories from saturated fat 0g, Total Fat 1.5g (2%), Saturated Fat 0g (0%DV), Trans Fat 0g, Cholesterol 25mg (9%DV), Sodium 60mg (2%), Ttl Carbs 2g (1%), Dietary Fiber 1g (3%DV), Sugars 1g, Protein 1g (2%)

