



CUPCAKES

flour blend (white rice, brown rice, tapioca, potato), organic cane sugar, grapeseed oil, organic eggs, baking powder, baking soda, sea salt, xanthan gum

almond cupcake almond extract, organic rice milk

apple spice applesauce, nutmeg, cinnamon

blue moon lemongrass oil, lemon oil, organic rice milk, raspberry sauce

carrot cupcake carrots, carrot juice, cinnamon

chai cupcake chai extract, organic rice milk, cinnamon, cardamom, ginger, cloves, nutmeg

chocolate cupcake coconut milk, organic coffee, organic cacao powder

cinnamon swirl cupcake cinnamon, organic rice milk

coconut cupcake coconut extract, organic rice milk

cotton candy cupcake strawberry extract, lemon oil, organic rice milk

gingerbread cupcake molasses, cinnamon, ginger, cloves

honey lavender cupcake lavender oil, organic rice milk

lemon cupcake lemon oil, organic rice milk

lime cupcake lime oil, organic rice milk, lime juice

mango cupcake mango extract, organic rice milk, mango juice

mocha cupcake coffee, coffee extract, espresso powder, organic cacao powder

pumpkin spice cupcake pumpkin, organic rice milk, pumpkin pie spice, cinnamon

red velvet cupcake vanilla bean paste, natural red color, organic coconut milk, organic cacao powder, coconut oil, not grapeseed

vanilla cupcake vanilla, organic rice milk

unicorn cupcake strawberry extract, orange oil, organic rice milk

Vanilla Cupcake Frosting

powdered sugar (does contain small traces of corn starch), grapeseed oil, organic palm shortening, vegan butter (melt brand), vanilla bean paste, salt

Chocolate Cupcake Frosting

same as vanilla cupcake frosting, add organic cacao powder

ORGANIC RICE MILK

organic rice milk (water, organic hydrolyzed rice), organic canola oil and/or organic sunflower oil, tricalcium phosphate, sea salt, vitamin a palmitate, vitamin d2 (ergocalciferol), vitamin b12 (cyanocobalamin).



MUFFINS

VANILLA BASE MUFFIN BLEND

flour blend (white rice, brown rice, tapioca, potato), organic coconut oil, organic cane sugar, vanilla, organic eggs, organic coconut milk, baking powder, baking soda, xanthan gum, salt
Add ins can include fresh berries, extracts or essential oils, added spices, chocolate chips, etc.

CARROT MUFFIN

flour blend (white rice, brown rice, tapioca, potato), grapeseed oil, organic cane sugar, organic eggs, carrots, carrot juice, flaxseed, baking powder, baking soda, xanthan gum, salt, cinnamon

CHOCOLATE MUFFIN

flour blend (white rice, brown rice, tapioca, potato), organic coconut oil, organic cane sugar, organic coffee, organic cacao powder, organic coconut milk, organic eggs, baking powder, baking soda, xanthan gum, salt

Variations can include added chocolate chips, fresh fruit, peppermint essential oil, etc.

GOOD MORNING MUFFIN

flour blend (white rice, brown rice, tapioca, potato), baking soda, xanthan gum, salt, cinnamon, coconut flakes, grapeseed oil, organic eggs, vanilla, carrots, apple, pineapple, raisins

GINGERBREAD MUFFIN

flour blend (white rice, brown rice, tapioca, potato), organic cane sugar, organic eggs, molasses, grapeseed oil, cinnamon, ginger, cloves, baking powder, baking soda, xanthan gum, salt

SWEET POTATO MUFFIN

flour blend (white rice, brown rice, tapioca, potato), organic coconut oil, organic cane sugar, vanilla, organic eggs, molasses, sweet potato, coconut milk, baking powder, baking soda, xanthan gum, salt, cinnamon, all spice (variation can have added orange marmalade jam/pecans/orange oil)

PEANUT BUTTER MUFFIN

flour blend (white rice, brown rice, tapioca, potato), baking powder, baking soda, xanthan gum, salt, organic cane sugar, grapeseed oil, organic eggs, peanut butter, chocolate chips

PUMPKIN SPICE MUFFIN

flour blend (white rice, brown rice, tapioca, potato), baking powder, baking soda, xanthan gum, salt, organic cane sugar, grapeseed oil, organic eggs, pumpkin pie spice, cinnamon, pumpkin, organic rice milk (chocolate chips)



MUFFINS

CRUMB TOPPING

flour (white rice, brown rice, tapioca, arrowroot), vegan butter (melt brand), organic cane sugar, molasses, maple syrup, salt

(all muffins have crumb topping and can have chocolate chips/nuts)

OTHER

BUNS

flour blend (sorghum, brown rice, millet, tapioca, cornstarch), organic eggs, grapeseed oil, coconut milk (filtered water, organic coconut cream, organic guar gum, vitamin and mineral blend (calcium phosphate, magnesium phosphate, calcium carbonate, L-selenomethionine [selenium], vitamin A acetate, vitamin D2, zinc oxide, vitamin B12), xanthan gum), organic cane sugar, lemon juice, yeast, xanthan gum, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt, ginger.

BISCOTTI

white rice flour, brown rice flour, arrowroot, tapioca starch, organic palm shortening, organic cane sugar, organic eggs, flaxseed, baking powder, xanthan gum, salt

lemon blueberry biscotti lemon oil, lemon zest, dried blueberries

cranberry orange biscotti orange oil, orange zest, dried cranberries

cherry almond biscotti dried cherries, almond extract

cinnamon pecan biscotti cinnamon oil, cinnamon, nutmeg, pecans

chocolate biscotti vanilla, vanilla bean paste, chocolate chips, almond extract, organic cacao powder

chocolate chip biscotti vanilla, vanilla bean paste, chocolate chips



BARS

BROWNIE

flour blend (garbanzo-fava bean, potato starch, sorghum), organic cane sugar, vegan butter (melt brand), organic cacao powder, grapeseed oil, organic eggs, xanthan gum, salt, espresso powder

PUMPKIN BAR

flour blend (white rice, brown rice, tapioca, potato, oat flour), certified gluten free oats, organic cane sugar, vegan butter (melt brand), molasses, organic eggs, vanilla, organic coconut milk, pumpkin, pumpkin pie spice, cinnamon, salt, baking soda, xanthan gum

ZUCCHINI BREAD

garbanzo-fava bean flour, potato starch, sorghum flour, organic cane sugar, grapeseed oil, organic eggs, vanilla, zucchini, chocolate chips, salt, baking soda, baking powder, ginger, cloves, nutmeg, xanthan gum, cinnamon (topped with nuts/chocolate chips/crumb topping)

ZUCCHINI BROWNIE

almond flour, organic cane sugar, sorghum flour, organic cacao powder, organic eggs, organic coconut oil, agave, maple syrup, zucchini, chocolate chips, xanthan gum, baking powder, salt (topped with walnuts, chocolate ganache)

BROOKIE

see brownie ingredients

see chocolate chip cookie ingredients



GRAIN FREE

GRAIN FREE BROWNIE

almond flour, maple syrup, organic coconut oil, organic eggs, organic cacao powder, baking soda, salt, walnuts, refined sugar free chocolate chips
(topped with refined sugar free ganache and walnuts)

GRAIN FREE VANILLA CAKE/ CUPCAKE

almond flour, organic eggs, organic coconut oil, maple syrup, vanilla bean powder, apple cider vinegar, baking soda, salt

GRAIN FREE CHOCOLATE CAKE/ CUPCAKE

almond flour, organic eggs, maple syrup, organic coconut oil, organic cacao powder, baking soda, salt

GRAIN FREE CINNAMON ROLL CAKE

almond flour, organic coconut oil, maple syrup, organic eggs, coconut flour, vegan butter (melt brand), organic coconut sugar, cinnamon, salt, baking soda (may include pecans on top)

PUMPKIN GRAIN FREE CINNAMON ROLL CAKE

almond flour, coconut flour, organic coconut oil, pumpkin, maple syrup, organic eggs, vegan butter (melt brand), organic coconut sugar, pumpkin pie spice, molasses, cinnamon, salt, baking soda
(may include pecans on top)

GRAIN FREE FRUIT COFFEE CAKE

almond flour, organic coconut oil, maple syrup, organic eggs, blueberries or raspberries, baking soda, salt, organic coconut sugar, organic palm shortening, pecans, cinnamon

CASHEW BUTTER FROSTING

cashew butter, organic palm shortening, maple syrup, organic coconut oil, organic lemon juice, almond extract, salt, vanilla bean powder
chocolate cashew butter frosting contains unsweetened chocolate



COOKIES

BREAKFAST COOKIE

certified gluten free oats, organic cane sugar, molasses, organic palm shortening, organic eggs, almond butter (almonds, salt), grapeseed oil, chocolate chips, organic raisins, baking soda

CHOCOLATE CHIP COOKIE

flour blend (white rice, brown rice, potato starch, tapioca), chocolate chips, organic cane sugar, organic palm shortening, organic eggs, molasses, vanilla extract, maple syrup, xanthan gum, baking soda, baking powder, salt.

CUTOUT COOKIE

flour blend (white rice, brown rice, potato, arrowroot, tapioca, sweet rice), organic cane sugar, organic palm shortening, organic eggs, cream of tartar, baking soda, vanilla extract, almond extract, xanthan gum, salt

GINGERBREAD CUTOUT

white rice, sweet rice, tapioca starch, millet flour, baking soda, salt, cinnamon, ginger, cloves, xanthan gum, organic palm shortening, organic cane sugar, molasses, maple syrup, organic eggs, applesauce

PECAN SANDIES

white rice flour, brown rice flour, potato starch, tapioca starch, vegan butter (melt brand), organic cane sugar, organic eggs, vanilla, pecans, baking powder, xanthan gum, salt (rolled in powdered sugar)

PUMPKIN CHOCOLATE CHIP COOKIE

brown rice flour, organic palm shortening, organic cane sugar, chai extract, organic eggs, pumpkin, chocolate chips, baking powder, baking soda, salt, xanthan gum, pumpkin pie spice

PUMPKIN SNICKERDOODLE COOKIE

flour blend (white rice, brown rice, potato, tapioca) flaxseed, organic coconut oil, organic cane sugar, organic eggs, maple syrup, pumpkin, allspice, nutmeg, cinnamon, ginger, baking soda, salt, xanthan gum

SNICKERDOODLE COOKIE

flour blend (white rice, sweet rice, brown rice, potato, tapioca), organic cane sugar, organic palm shortening, organic eggs, maple syrup, flaxseed, cream of tartar, cinnamon, xanthan gum, baking soda, salt



COOKIES CONTINUED

OATMEAL RAISIN COOKIES

flour blend (oat, tapioca, white/brown rice, arrowroot), vegan butter (melt brand), organic palm shortening, organic cane sugar, molasses, maple syrup, organic raisins, certified gluten free oats, baking powder, baking soda, cinnamon, xanthan gum, salt

SUGAR COOKIES

flour blend (white rice, brown rice, sweet rice, potato, tapioca), organic cane sugar, organic palm shortening, organic eggs, vanilla, baking soda, cream of tartar, salt, xanthan gum