



CUPCAKES

VEGAN VANILLA CUPCAKE

organic coconut oil, garbanzo-fava bean flour, potato starch, arrowroot, applesauce, organic agave, vanilla bean paste, baking powder, baking soda, xanthan gum, salt, organic cane sugar

(flavors have added ingredients, such as lemon essential oil, almond extract, cinnamon, coconut extract, etc. carrot vegan contains carrots, cinnamon and carrot juice)

BANANA CUPCAKE

flour blend: (white rice, brown rice, tapioca, potato, garbanzo-fava bean, sorghum), organic coconut oil, flaxseed, cinnamon, organic agave, organic rice milk, vanilla extract, bananas, baking powder, baking soda, xanthan gum, salt

BROWNIE CUPCAKE

white rice flour, applesauce, organic coconut oil, organic cane sugar, vanilla extract, garbanzo-fava bean flour, potato starch, arrowroot, organic cacao powder, baking powder, baking soda, xanthan gum, salt

CARROT CUPCAKE

organic coconut oil, garbanzo-fava bean flour, potato starch, arrowroot, applesauce, organic agave, vanilla bean paste, baking powder, baking soda, xanthan gum, salt, organic cane sugar, organic agave, carrots, cinnamon, carrot juice

PUMPKIN PIE CUPCAKE

garbanzo-fava bean, potato starch, organic coconut oil, organic cane sugar, sorghum flour, organic agave, cinnamon, ginger, cloves, nutmeg, vanilla extract, molasses, organic rice milk, pumpkin, baking soda, baking powder, xanthan gum, salt

VANILLA VEGAN FROSTING

powdered sugar, organic palm shortening, vegan butter (melt brand), grapeseed oil, salt, vanilla bean paste (or other flavors)

VEGAN NO BEAN CUPCAKE

white/brown rice flour, tapioca, potato starch, baking powder, salt, xanthan gum, organic cane sugar, organic coconut milk, organic coconut oil, applesauce, vanilla bean paste, vanilla oil, vanilla bean powder



DONUTS

DONUT BLEND

garbanzo-fava bean flour, white rice flour, potato starch, tapioca starch, arrowroot, organic coconut oil, organic cane sugar, maple syrup, organic rice milk, applesauce, vanilla extract, baking powder, baking soda, xanthan gum, salt
(CHOCOLATE DONUT BLEND ADD ORGANIC CACAO POWDER)

almond/sugar cookie donuts almond extract, raspberries, cinnamon, nutmeg (essential oil and spice)

apple cider donut apple oil, local apple cider, cinnamon, nutmeg (essential oil and spice)

banana donut bananas (no applesauce in this recipe) cinnamon, nutmeg (essential oil and spice)

birthday donut flavored vanilla donut frosting, MELT and natural flavoring

blue moon donut lemongrass oil, lemon oil

bubble gum donut flavored vanilla frosting (banana, orange essential oil, lemon essential oil, clove)

carrot donut carrots, carrot juice, cinnamon, nutmeg (essential oil and spice)

chai donut chai spice blend, chai tea, cinnamon, nutmeg (essential oil and spice)

cookies n' cream donut chocolate cookie crumbs (our double chocolate vegan cookie), cinnamon, nutmeg (essential oil and spice)

cotton candy donut lemon oil, strawberry extract

espresso donut includes coffee oil, coffee, espresso powder, cinnamon, nutmeg (essential oil and spice)

mocha donut chocolate donut blend, coffee oil, coffee, espresso powder, cinnamon, nutmeg (essential oil and spice)

gingerbread donut molasses, clove, ginger, cinnamon, nutmeg (essential oil and spice)

blackberry lavender/ lavender donut lavender oil, blackberries

lemon poppy seed/ lemon raspberry/ lemon donut lemon oil, organic lemon juice, organic poppyseeds, raspberries

lime donut lime oil, lime juice

mango donut mango extract, mango juice

maple/ maple blueberry donut donut blend except no organic rice milk, maple extract, nutmeg oil, blueberries, cinnamon, nutmeg (essential oil and spice)

nojito donut lime oil, mint

orange donut orange oil

peanut butter donut peanut butter, peanuts, cinnamon, nutmeg (essential oil and spice)

peppermint/ mint donut peppermint

pineapple donut pineapple, pineapple extract, pineapple juice

pumpkin donut pumpkin, nutmeg oil, pumpkin spice blend, cinnamon, nutmeg (essential oil and spice)

rhubarb hibiscus donut hibiscus oil, lemon oil, rhubarb sauce

samoa donut caramel oil, cinnamon, nutmeg (essential oil and spice)

campfire donut smoked cinnamon, cinnamon bark oil, cinnamon, nutmeg (essential oil and spice)

strawburst donut lemon oil, strawberry oil

sweet potato rosemary donut rosemary, sweet potato, cinnamon, nutmeg (essential oil and spice)

vanilla latte donut vanilla oil, coffee oil, coffee, cinnamon, nutmeg (essential oil and spice)

vanilla donut cinnamon, nutmeg (essential oil and spice)

**vanilla donut frosting**

powdered sugar, vanilla, salt, organic coconut oil, organic coconut milk

chocolate donut frosting

same as vanilla donut frosting, add organic cacao powder

MUFFINS

VEGAN BANANA MUFFIN

flour blend: (garbanzo-fava bean, potato, sorghum, white rice, brown rice, tapioca), flaxseed, cinnamon, organic coconut oil, organic agave, organic rice milk, vanilla extract, bananas, baking soda, baking powder, xanthan gum, salt (chocolate chips/crumb topping)

VEGAN BROWNIE MUFFIN

white rice flour, garbanzo- fava bean flour, potato starch, arrowroot, organic cacao powder, organic cane sugar, organic coconut oil, unsweetened applesauce, vanilla extract, baking soda, baking powder, xanthan gum, salt (chocolate chips/crumb topping)

VEGAN PUMPKIN PIE MUFFIN

garbanzo-fava bean flour, potato starch, sorghum flour, organic cane sugar, agave, organic coconut oil, vanilla, molasses, organic rice milk, pumpkin, cinnamon, ginger, cloves, nutmeg, baking soda, baking powder, xanthan gum, salt (crumb topping)

VEGAN ZUCCHINI MUFFIN

Garbanzo-fava bean flour, potato starch, sorghum flour, organic coconut oil, vanilla, organic coconut milk, zucchini, chocolate chips, flaxseed, cinnamon, ginger, nutmeg, cloves, agave, baking powder, baking soda, xanthan gum, salt (chocolate chips/crumb topping)

VEGAN CRUMB TOPPING

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



BARS

DATE BAR

vegan butter (melt brand), organic coconut oil, organic coconut sugar, molasses, oat flour, quick oats, salt, baking powder, xanthan gum, dates, pecans

LEMON POPPYSEED BAR

garbanzo-fava bean flour, brown rice flour, potato starch, sorghum flour, organic rice milk, poppseeds, apple cider vinegar, organic agave, applesauce, organic coconut oil, lemon oil, lemon zest, baking powder, xanthan gum, salt (plus donut frosting: powdered sugar, vanilla, salt, organic coconut oil, organic coconut milk, raspberry sauce)

NUTTY CARAMEL BAR

white rice flour, oat flour, tapioca, oats, organic cane sugar, baking soda, vegan butter (melt brand), molasses, chocolate chips, walnuts, housemade dairy free caramel, xanthan gum, salt, baking powder

TURTLE BAR

white rice flour, oat flour, tapioca, oats, organic cane sugar, baking soda, vegan butter (melt brand), molasses, chocolate chips, pecans, housemade dairy free caramel, xanthan gum, salt, baking powder

RICE CRISPY TREAT

vegan marshmallows (tapioca syrup, cane sugar, filtered water, tapioca starch, carrageenan, soy protein, natural vanilla flavor), vegan butter (melt brand), crispy rice cereal (brown rice flour, cane sugar, sea salt, molasses), sprinkles

FRUIT CRISP CRUST DRY (FILLING DEPENDS ON FLAVOR)

white rice flour, potato starch, brown rice flour, oat flour, tapioca starch, xanthan gum, salt, oats, baking soda, organic cane sugar, vegan butter (melt brand), molasses

SUNBUTTER 'MONSTER' BAR

white rice flour, oat flour, tapioca, oats, organic cane sugar, vegan butter (melt brand), molasses, chocolate chips, natural chocolate candies (unreal brand), organic sunflower seeds, sunbutter, honey, housemade dairy free caramel, xanthan gum, salt, baking powder, baking soda

VEGAN BUTTER (MELT BRAND)

expeller-pressed organic oil blend (coconut, hi-oleic sunflower, sustainable ethical palm fruit) water, sea salt, sunflower lecithin, organic natural flavor, tocopherols (plant-based preservative), organic annatto extract (color).



GRAIN FREE

GRAIN FREE CASHEW BUTTER BAR

almond flour, coconut flour, organic coconut sugar, flaxseed, maple syrup, vegan butter (melt brand), organic coconut oil, grain free baking powder, salt, ginger, cinnamon

CASHEW BUTTER FROSTING

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

GRAIN FREE SOFT CHUNKY COOKIE

almond flour, buckwheat flour, coconut flour, organic coconut oil, maple syrup, flaxseed, arrowroot, salt, baking soda, refined sugar free chocolate, dried cherries



VEGAN CHEESECAKES

CHAI CHEESECAKE

dates, cashews, pecans, organic coconut sugar, ginger, salt, organic coconut oil, maple syrup, ginger, cinnamon, all spice, nutmeg, cardamom

CHOCOLATE MARBLE CHEESECAKE

cashews, walnuts, organic raisins, organic cacao butter, organic lemon juice, maple syrup, salt, vanilla oil, organic cacao powder

CHOCOLATE ORANGE CHEESECAKE

dates, coconut, cashews, pecans, organic cacao powder, organic coconut oil, maple syrup, maca powder, salt, orange juice, orange zest, orange oil

CHOCOLATE RASPBERRY CHEESECAKE

cashews, coconut, beet powder, raspberry powder, salt, raspberry oil, maple syrup, organic coconut oil, organic cacao powder, raspberries

CHOCOLATE TRUFFLES

dates, organic coconut oil, salt, cashew butter, organic cacao powder, almond flour, vanilla oil (rolled in either powdered sugar, coconut, pecans)

LEMON BLUEBERRY CHEESECAKE

dates, macadamia nuts, pecans, salt, maca powder, cashews, organic coconut oil, coconut, maple syrup, blueberry oil, blueberries, organic lemon juice, lemon zest, lemon oil, turmeric (sub raspberry for blueberry is it's raspberry lemon version)

POMEGRANATE CARDAMOM CHEESECAKE

cashews, coconut, beet powder, pomegranate powder, salt, vanilla oil, maple syrup, organic lemon juice, organic coconut meat, organic coconut oil, organic cacao butter, coconut milk (organic coconut, water and organic guar gum), cardamom, pomegranates

PUMPKIN CHEESECAKE

macadamia nuts, cashews, pecans, organic raisins, salt, organic coconut sugar, ginger, cinnamon, pumpkin, coconut milk (organic coconut, water and organic guar gum), organic coconut oil, maple syrup, oil blend (vanilla, nutmeg, cinnamon, clove, ginger)



VEGAN CHEESECAKES

TRIPLE BERRY CHEESECAKE

cashews, walnuts, organic raisins, organic cacao butter, organic lemon juice, maple syrup, salt, organic coconut meat, organic coconut oil, organic cacao butter, coconut milk (organic coconut, water and organic guar gum), blackberry oil, vanilla oil, blackberries, raspberries, blueberries

STRAWBERRY BLONDE CHEESECAKE

cashews, coconut, beet powder, strawberry powder, salt, strawberry oil, white chocolate oil, maple syrup, organic lemon juice, coconut meat, organic coconut oil, organic cacao butter, coconut milk (organic coconut, water and organic guar gum), strawberries

AVOCADO KEY LIME TART

dates, macadamia nuts, pecans, organic coconut sugar, organic cacao butter, salt, coconut meat, avocados, organic coconut oil, maple syrup, lime juice, lime oil

COLD BREW CHEESECAKE

cashews, walnuts, organic raisins, organic cacao butter, espresso, salt, maple syrup, cold brew, coffee oil, vanilla oil (chocolate version contains organic cacao powder)



COOKIES

VEGAN DOUBLE CHOCOLATE COOKIE

garbanzo/fava bean flour, potato starch, sorghum flour, organic cacao powder, flaxseed, salt, cinnamon, baking soda, xanthan gum, organic coconut oil, organic cane sugar, applesauce, molasses, vanilla, maple syrup

VEGAN GINGERBREAD CUTOUT

white rice flour, oat flour, tapioca, baking powder, xanthan, salt, baking soda, flaxseed, cinnamon, ginger, cloves, molasses, organic cane sugar, organic coconut oil

VEGAN MOLASSES COOKIE

garbanzo/fava bean flour, potato starch, sorghum flour, flaxseed, cinnamon, cloves, ginger, baking soda, salt, xanthan gum, organic coconut oil, organic cane sugar, applesauce, molasses, vanilla, maple syrup

VEGAN PEANUT BUTTER COOKIE

white rice, brown rice, tapioca starch, arrowroot, xanthan gum, salt, flaxseed, applesauce, organic cane sugar, molasses, peanut butter, palm shortening, organic coconut oil

VEGAN THIN MINT CHOCOLATE COOKIE

garbanzo/fava bean flour, potato starch, sorghum flour, organic cacao powder, flaxseed, baking soda, salt, xanthan gum, cinnamon, organic coconut oil, organic cane sugar, applesauce, peppermint oil

VEGAN CINNAMON COOKIE

brown rice flour, flaxseed, cinnamon, baking soda, nutmeg, xanthan gum, salt, organic coconut oil, molasses, organic cane sugar, applesauce, maple syrup, powdered sugar glaze

VEGAN GINGER COOKIE

organic coconut oil, organic palm shortening, organic cane sugar, garbanzo/fava bean flour, potato starch, sorghum flour, maple syrup, applesauce, molasses, flaxseed, cinnamon, ginger, baking soda, xanthan gum, salt, vanilla extract

VEGAN CHOCOLATE CHIP COOKIE

flour blend: (white, brown, tapioca, arrowroot, oat), organic palm shortening, softened, coconut oil, organic cane sugar, molasses, vanilla bean paste, maple syrup, unsweetened applesauce, chocolate chips, flaxseed, baking powder, baking soda, salt, xanthan gum



COOKIES

VEGAN CUTOUT COOKIE

flour blend (white rice, potato, arrowroot, sweet rice), organic cane sugar, organic palm shortening, vegan cream cheese (violife brand), egg replacer (potato starch, tapioca flour, baking soda, psyllium husk), water, unsweetened applesauce, baking soda, vanilla bean paste, maple syrup, xanthan gum, salt

GRAHAM CRACKERS

flour blend (white rice, oat, tapioca, coconut), organic cane sugar, organic coconut oil, coconut milk (coconut, water, guar gum), raw honey, cinnamon, molasses, vanilla extract, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt, baking soda, xanthan gum



ENERGY BALLS

SUNBUTTER

organic sunbutter, raw honey, organic coconut oil, organic agave, organic chia seeds, organic sunflower seeds, quick oats, oat bran, chocolate chips, unsweetened coconut, sesame seeds, salt, cinnamon

PEANUT BUTTER

peanut butter, raw honey, organic coconut oil, organic agave, organic chia seeds, quick oats, oat bran, unsweetened coconut, sesame seeds, salt, organic cacao powder, chocolate chips

ALMOND BUTTER

almond butter, raw honey, organic coconut oil, organic agave, organic chia seeds, almonds, quick oats, oat bran, unsweetened coconut, sesame seeds, salt.
variations may include dried fruit and/or chocolate chips



SCONES

flour blend: (oat, white rice, brown rice, almond, tapioca, arrowroot), organic cane sugar, coconut milk (organic coconut, water and organic guar gum), apple cider vinegar, maple syrup, organic palm shortening, baking powder, xanthan gum, salt, corn starch

frosting drizzle: powdered sugar, vanilla extract, salt, organic coconut oil, organic coconut milk

variations include added ingredients such as: pumpkin, lemon poppyseed (lemon essential oil), almond extract, vanilla bean paste, vegan chocolate chips (no soy), dried cherries, blueberries or other fresh fruit, vegan white chocolate chips (soy free)...flavors are essential oils and high quality flavors (highly concentrated and do not contain any colorants, artificial preservatives, proteins, carbohydrates, sugar, lactose, calories and are wheat, corn and gluten free).



OTHER

DINNER ROLLS

flour blend (sorghum, brown rice, millet, tapioca, cornstarch), unsweetened applesauce, grapeseed oil, organic cane sugar, 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), lemon juice, flaxseed, yeast, xanthan gum, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt, ginger.

ICE CREAM SANDWICH INGREDIENTS

vegan no bean cake recipe or vegan brownie cupcake recipe, list out the coconut milk soft serve from hawaii, any added flavors or toppings

ORGANIC 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 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)

PIZZA CRUST

flour blend (white rice, brown rice, arrowroot, tapioca), water, grapeseed oil, organic cane sugar, flaxseed, spice blend (oregano, marjoram, thyme, basil, rosemary, sage), apple cider vinegar, yeast, salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate)

‘POP TARTS’

see above pie crust list, plus fillings

brown sugar: organic brown sugar, flour (white rice, brown rice, tapioca, arrowroot), cinnamon, vegan butter (melt brand), vanilla extract

strawberry: see strawberry filling

apple: see apple filling

frosting: powdered sugar, organic coconut milk, coconut oil, vanilla extract, salt

PRETZEL BITES

tapioca, oat flour, corn starch, sorghum, xanthan gum, salt, apple cider vinegar, organic cane sugar, molasses, yeast, vegan butter (melt brand)
(salted or cinnamon sugar)



OTHER CONTINUED

SOFT SERVE

water, cane sugar, low erucic acid rapeseed oil, tapioca syrup, plant-based blend (tapioca maltodextrin, fava bean protein, rapeseed protein, gum acacia, guar gum, gellan gum). contains 2% or less of: natural flavors, salt, dipotassium phosphate, beta-carotene, vanilla

<https://eclipsefoods.com/ingredients/> to learn more about their ingredients used!

About the rapeseed oil from the company: While our labels call this by its legal name, you likely know this ingredient as expeller-pressed canola oil. Expeller pressing means the oil is removed from the seed using only a press and never any solvents, additives, or chemicals. We make sure ours is non-GMO. It provides the fat (unsaturated!), richness, and texture needed to make Eclipse perform and taste just like dairy.

SUGAR FREE/KETO FUDGE CRUMBLE BAR

(4.5 carbs/ bar)

almond flour, coconut, powdered swerve, salt, organic coconut oil, organic coconut milk (organic coconut, water and organic guar gum), unsweetened chocolate, stevia, vanilla oil, xanthan gum, pecans

VEGAN BISCUITS

flour blend (brown rice, white rice, potato, tapioca), vegan butter (melt brand), organic coconut milk (organic coconut, water, organic guar gum), baking powder, xanthan gum, salt

VEGAN CINNAMON ROLL

flour blend (oat, white rice, tapioca, brown rice, millet, arrowroot), vegan butter (melt brand), organic cane sugar, water, organic brown sugar, flaxseed, egg replacer (potato starch, tapioca flour, baking soda, psyllium husk), yeast, baking powder, xanthan gum, salt, cinnamon, nutmeg, all spice, ginger

frosting: powdered sugar, organic coconut milk, coconut oil, vanilla extract, salt

VEGAN DREAM CUPS

happy bellies graham crackers, vegan butter (melt brand), vegan cream cheese (violife brand), organic cane sugar, vegan whipped cream (check brand in shop), housemade strawberry sauce

VEGAN PIE CRUST

flour blend (white rice, brown rice, arrowroot, tapioca), egg replacer (potato starch, tapioca flour, baking soda, psyllium husk), plant based butter (coconut, hi-oleic sunflower, sustainable ethical palm fruit, water, sea salt, sunflower lecithin, organic natural flavor, tocopherols (plant based preservative), organic annatto extract (color)), organic palm shortening, unsweetened applesauce, organic cane sugar, water, salt, xanthan gum



WAFFLE CONE

Coconut oil, Coconut milk, Powdered sugar, Vanilla, Salt, White Rice flour, Brown rice flour, tapioca starch, potato starch.

FILLINGS AND SAUCES

CARAMEL

honey, organic cane sugar, organic agave, organic coconut oil, organic coconut milk, molasses, vanilla, salt

FRUIT FILLINGS

fruit (raspberry, strawberry, blueberry, cherry, blackberry), organic cane sugar, non-gmo cornstarch, lemon juice

APPLE FILLING

apples, lemon juice, cinnamon, nutmeg, flour blend (white rice, brown rice, tapioca, arrowroot)

CHOCOLATE GANACHE

organic agave, organic palm shortening, chocolate chips (unsweetened chocolate, cane sugar, cocoa butter), vanilla, salt

MOCHA SAUCE - DRINKS

water, organic cane sugar, molasses, organic cacao powder, vanilla, salt

SWEET CREAM MIXTURE

maple syrup, vanilla bean paste

PUMPKIN SYRUP – DRINKS

organic cane sugar, molasses, pumpkin puree, water, spices, vanilla extract, salt

PUMPKIN PIE SPICE

cinnamon, nutmeg, ginger, and all spice

VEGAN PUMPKIN FILLING

pumpkin, coconut milk, molasses, cane sugar, maple syrup, vanilla, cornstarch, spices, salt

ICE CREAM SANDWICH INGREDIENTS

list out the coconut milk soft serve from Hawaii

VEGAN DREAM CUPS



GINGERBREAD SYRUP

brown sugar, water, molasses, ground ginger, vanilla, cloves

VEGAN CHEESE SAUCE

vegan butter (melt brand), white rice, brown rice, tapioca starch, arrowroot, vegan cheese (violife brand) organic rice milk, salt