



Serving Size (oz/g)
Servings per Container
Calories per serving
Calories from Fat
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Total Carbohydrate (g)
Dietary Fiber (g)
Sugar (g)
Protein (g)
Natural
Naturally Sweetened
Vegan
Gluten Free
Wheat free
Cholesterol Free
Trans Fat Free

Nutritional Information

Mini Cookies

Chocolate Chip	1oz/28g	7	110	35	4	2	0	0	80	18	1	8	1	X	X	X			X	X
Double Chocolate	1oz/28g	7	110	40	4.5	2.5	0	0	85	18	1	9	1	X	X	X			X	X
Oatmeal Raisin	1oz/28g	7	110	45	5	2	0	0	20	17	1	8	1	X	X	X		X	X	X
Peanut Butter	1oz/28g	7	110	40	4.5	1	0	0	90	16	1	8	3	X	X	X			X	X
Coconut Chip	1oz/28g	7	130	70	8	4.5	0	0	30	15	1	7	2	X	X	X			X	X
Organic Macaroons	1oz/28g	8	150	70	8	7	0	0	15	18	2	11	1	X	X	X	X	X	X	X

Individual Cookies

Chocolate Chip	2.5oz/71g	1	280	90	10	5	0	0	200	44	2	20	4	X	X	X			X	X
Double Chocolate	2.5oz/71g	1	270	100	11	6	0	0	210	44	2	22	4	X	X	X			X	X
Oatmeal Raisin	2.5oz/71g	1	280	110	12	5	0	0	55	43	3	21	3	X	X	X		X	X	X
Peanut Butter	2.5oz/71g	1	280	100	11	2.5	0	0	220	39	2	19	8	X	X	X			X	X
Coconut Chip	2.5oz/71g	1	330	170	20	11	0	0	70	38	3	18	4	X	X	X			X	X

Chocolate Chip Mini Cake

Chocolate Chip Mini Cake	2.25oz/64g	2	260	80	9	1.5	0	0	280	43	2	24	3	X	X	X			X	X
--------------------------	------------	---	-----	----	---	-----	---	---	-----	----	---	----	---	---	---	---	--	--	---	---

Organic Chewy Brownie

Organic Chewy Brownie	3oz/85g	1	200	100	12	5	0	0	20	27	2	11	2	X	X	X			X	X
-----------------------	---------	---	-----	-----	----	---	---	---	----	----	---	----	---	---	---	---	--	--	---	---

6" Pies

Vegan Apple	3oz/85g	4	340	140	16	6	0	0	330	47	2	19	4	X	X	X			X	X
Vegan Blueberry	2.5oz/71g	4	280	130	14	6	0	0	300	37	1	15	3	X	X	X			X	X
Vegan Cherry	2.5oz/71g	4	280	130	14	6	0	0	300	36	1	14	4	X	X	X			X	X
Pumpkin	2.5oz/71g	4	250	100	12	4.5	0	0	300	34	1	9	5	X	X					X
Pecan	2.75oz/78g	4	310	170	19	3.5	0	0	130	33	2	23	4	X	X					X
GF Vegan Apple	2.5oz/71g	4	250	110	12	4	0	0	120	35	2	17	3	X	X	X	X	X	X	X
GF Vegan Pumpkin	2.5oz/71g	4	220	90	10	4	0	0	210	31	2	15	3	X	X	X	X	X	X	X

8" Pies

Vegan Apple	3.5oz/99g	6	320	130	15	6	0	0	320	44	1	18	4	X	X	X			X	X
Vegan Blueberry	3.5oz/99g	6	310	130	15	6	0	0	310	43	2	19	4	X	X	X			X	X
Vegan Cherry	3.5oz/99g	6	300	130	14	6	0	0	300	41	1	18	4	X	X	X			X	X
Pumpkin	3.33oz/94g	6	240	80	10	4	0	0	260	35	1	20	4	X	X					X
Pecan	3.5oz/99g	6	410	180	21	4.5	0	0	200	52	2	37	6	X	X					X
GF Vegan Apple	3.5oz/99g	6	290	120	13	4.5	0	0	115	43	2	22	3	X	X	X	X	X	X	X
GF Vegan Pumpkin	3.5oz/99g	6	160	50	6	2	0	0	140	26	2	16	2	X	X	X	X	X	X	X

6" Cakes

Vegan Cakes

Triple Chocolate	3.5oz/99g	6	610	310	35	13	0	0	310	79	5	53	5	X	X	X			X	X
Carrot	4oz/113g	6	700	390	44	15	0	0	380	76	3	57	5	X	X	X			X	X
Wheat Free Banana	4oz/113g	6	420	240	27	10	0	0	210	46	2	34	3	X	X	X		X	X	X

Gluten Free Cakes

Chocolate Fudge	3.5oz/99g	6	660	210	24	10	0	0	410	112	8	64	9	X	X		X	X		X
Homestyle Carrot	4oz/113g	6	360	160	18	8	0	0	220	45	3	27	5	X	X		X	X		X
Chocolate Banana	4oz/113g	6	370	150	17	7	0	0	210	53	3	30	6	X	X		X	X		X

Muffins

Oat Bran	1.75oz/57g	8	160	35	4	0	0	0	140	32	4	13	4	X	X	X			X	X	X
Banana Oat Bran	1.75oz/57g	8	190	60	6	0.5	0	0	140	30	3	14	4	X	X	X			X	X	X
Blueberry Oat Bran	1.75oz/57g	8	170	40	4.5	0	0	0	140	32	3	16	3	X	X	X			X	X	X

Ingredients

Mini Cookies

Chocolate Chip Ingredients: unbleached wheat flour, white grape juice blend (water, white grape juice concentrate, natural flavors), grain sweetened dark chocolate chips (whole grain malted barley & corn, unsweetened chocolate, cocoa butter, soy lecithin, pure natural vanilla), palm oil, sweetener (fruit juice, natural grain dextrin), baking soda

Double Chocolate Ingredients: white grape juice blend (water, white grape juice concentrate, natural flavors), grain sweetened dark chocolate chips (whole grain malted barley & corn, unsweetened chocolate, cocoa butter, soy lecithin, pure natural vanilla), unbleached wheat flour, palm oil, sweetener (fruit juice, natural grain dextrin), cocoa, baking soda

Oatmeal Raisin Ingredients: whole grain barley flour, chicory syrup, palm oil, raisins, sorghum syrup, oats, sweetener (fruit juice, natural grain dextrin), crisp rice (rice flour, malt extract, rice bran), cinnamon, xanthan gum, guar gum, locust bean gum, baking soda

Peanut Butter Ingredients: white grape juice blend (water, white grape juice concentrate, natural flavors), unbleached wheat flour, peanut butter, sweetener (fruit juice, natural grain dextrin), palm oil, baking soda

Coconut Chip Ingredients: unbleached wheat flour, chicory syrup, organic coconut, palm oil, grain sweetened dark chocolate chips (whole grain malted barley & corn, unsweetened chocolate, cocoa butter, soy lecithin, pure natural vanilla), walnuts, sweetener (fruit juice, natural grain dextrin), baking soda

Organic Macaroons Ingredients: organic coconut, organic white grape juice, organice rice syrup, organic potato flour, organice vanilla extract

Individual Cookies

Chocolate Chip Ingredients: unbleached wheat flour, white grape juice blend (water, white grape juice concentrate, natural flavors), grain sweetened dark chocolate chips (whole grain malted barley & corn, unsweetened chocolate, cocoa butter, soy lecithin, pure natural vanilla), palm oil, sweetener (fruit juice, natural grain dextrin), baking soda

Double Chocolate Ingredients: white grape juice blend (water, white grape juice concentrate, natural flavors), grain sweetened dark chocolate chips (whole grain malted barley & corn, unsweetened chocolate, cocoa butter, soy lecithin, pure natural vanilla), unbleached wheat flour, palm oil, sweetener (fruit juice, natural grain dextrin), cocoa, baking soda

Oatmeal Raisin Ingredients: whole grain barley flour, chicory syrup, palm oil, raisins, sorghum syrup, oats, sweetener (fruit juice, natural grain dextrin) crisp rice (rice flour, malt extract, rice bran), cinnamon, zanthan gum, guar gum, locust bean gum, baking soda

Peanut Butter Ingredients: white grape juice blend (water, white grape juice concentrate, natural flavors), unbleached wheat flour, peanut butter, sweetener (fruit juice, natural grain dextrin), palm oil, baking soday

Coconut Chip Ingredients: unbleached wheat flour, chicory syrup, organic coconut, palm oil, grain sweetened dark chocolate chips (whole grain malted barley & corn, unsweetened chocolate, cocoa butter, soy lecithin, pure natural vanilla), walnuts, sweetener (fruit juice, natural grain dextrin), baking soda

Chocolate Chip Mini Cake

Ingredients: chicory syrup, unbleached wheat flour, canola oil, grain sweetened dark chocolate chips (whole grain malted barley & corn, unsweetened chocolate, cocoa butter, soy lecithin, pure natural vanilla), baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), xanthan gum, guar gum, locust bean gum

Organic Chewy Brownie

Ingredients: organic agave syrup, organic unbleached wheat flour, organic rice syrup, organic palm fruit oil (non-hydrogenated & GMO free), organic cocoa, organic vanilla extract

6" Pies

Vegan Apple Ingredients: apples, unbleached wheat flour, white grape juice blend (water, white grape juice concentrate, natural flavors), palm oil, chicory syrup, canola oil, rice starch, sea salt, cinnamon

Vegan Blueberry Ingredients: unbleached wheat flour, blueberries, chicory syrup, palm oil, canola oil, rice starch, sea salt

Vegan Cherry Ingredients: cherries, unbleached wheat flour, white grape juice blend (water, white grape juice concentrate, natural flavors), palm oil, chicory syrup, canola oil, rice starch, sea salt, natural flavor, natural color

Pumpkin Ingredients: pumpkin, unbleached wheat flour, chicory syrup, whole milk, palm oil, eggs, canola oil, nonfat milk powder, rice starch, sea salt, spices

Pecan Ingredients: chicory syrup, pecans, eggs, unbleached wheat flour, palm oil, rice starch, canola oil, vanilla, sea salt

GF Vegan Apple Ingredients: apples, white grape juice blend (water, white grape juice concentrate, natural flavors), rice starch, palm oil, almond meal, organic potato flour, chicory syrup, cinnamon, sea salt

GF Vegan Pumpkin Ingredients: pumpkin, soy milk, chicory syrup, organic potato flour, palm oil, rice starch, sorghum syrup, almond meal, sea salt, spices

8" Pies

Vegan Apple Ingredients: apples, unbleached wheat flour, white grape juice blend (water, white grape juice concentrate, natural flavors) palm oil, canola oil, chicory syrup, rice starch, sea salt, cinnamon

Vegan Blueberry Ingredients: blueberries, unbleached wheat flour, chicory syrup, palm oil, canola oil, rice starch, sea salt

Vegan Cherry Ingredients: cherries, unbleached wheat flour, white grape juice blend (water, white grape juice concentrate, natural flavors), palm oil, canola oil, chicory syrup, rice starch, sea salt, natural flavor, natural color

Pumpkin Ingredients: pumpkin, chicory syrup, whole milk, unbleached wheat flour, eggs, palm oil, nonfat milk powder, canola oil, rice starch, sea salt, spices

Pecan Ingredients: chicory syrup, eggs, unbleached wheat flour, pecans, palm oil, rice starch, canola oil, vanilla, sea salt

GF Vegan Apple Ingredients: apples, white grape juice blend (water, white grape juice concentrate, natural flavors), rice starch, palm oil, almond meal, chicory syrup, organic potato flour, cinnamon, sea salt

GF Vegan Pumpkin Ingredients: pumpkin, soy milk, chicory syrup, sorghum syrup, organic potato flour, palm oil, rice starch, almond meal, spices, sea salt

6" Cakes

Vegan Cakes

Triple Chocolate Ingredients: chicory syrup, palm oil, unbleached wheat flour, cocoa, grain sweetened dark chocolate chips(whole grain malted barley & corn, unsweetened chocolate, cocoa butter, soy lecithin, pure natural vanilla), canola oil, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), xanthan gum, guar gum, locust bean gum

Carrot Ingredients: chicory syrup, unbleached wheat flour, carrots, pineapple, almonds, canola oil, raisins, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda, vanilla, sea salt, natural orange flavor, cinnamon, xanthan gum, guar gum, locust bean gum

Wheat Free Banana Ingredients: chicory syrup, bananas, palm oil, organic whole grain barley flour, almonds, canola oil, arrowroot, vanilla, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), cinnamon, natural orange flavor, sea salt, xanthan gum, guar gum, locust bean gum, natural banana flavor

Gluten Free Cakes

Chocolate Fudge Ingredients: palm sugar, cream cheese (pasteurized milk & cream, salt, stabilizer [xanthan and/or carob bean and/or guar gum]), flour blend (garfava flour, sorghum flour, corn starch, tapioca flour), chicory syrup, cocoa, canola oil, baking soda, xanthan gum, guar gum, locust bean gum, natural chocolate flavor, rice starch

Homestyle Carrot Ingredients: cream cheese (pasteurized cultered milk & cream, salt, stabilizer [xanthan and/or carob bean and/or guar gum]), carrots, palm sugar, chicory syrup, flour blend (garfava flour, sorghum flour, corn starch, tapioca flour), pineapple, almonds, canola oil, vanilla, cinnamon, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), rice starch, xanthan gum, guar gum, locust bean gum

Chocolate Banana Ingredients: cream cheese (pasteurized cultered milk & cream, salt, stabilizer [xanthan and/or carob bean and/or guar gum]), chicory syrup, bananas, flour blend (garfava flour, sorghum flour, corn starch, tapioca flour), palm sugar, almonds, cocoa, canola oil, cinnamon, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), natural banana flavor, natural chocolate flavor, rice starch, xanthan gum, guar gum, locust bean gum

Muffins

Oat Bran Ingredients: chicory syrup, whole grain barley flour, oat bran, oats, canola oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), rice starch, vanilla, baking soda, xanthan gum, guar gum, locust bean gum

Banana Oat Bran Ingredients: chicory syrup, bananas, whole grain barley flour, oats, walnuts, canola oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), cinnamon, baking soda, oat bran, xanthan gum, guar gum, locust bean gum, natural banana flavor

Blueberry Oat Bran Ingredients: chicory syrup, whole grain barley flour, oats, blueberries, canola oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), xanthan gum, guar gum, locust bean gum, rice starch, oat bran, baking soda, natural blueberry flavor