

HEALTHY TREATS

KETO = K | PALEO = P | VEGAN = V



GLUTEN-FREE DESSERTS

- Lemon Blueberry Muffin **K. P.** \$4.00
almond flour, eggs, coconut oil, blueberries, almond milk, pink salt, lemon, vanilla, monk fruit, baking powder
- Carrot Muffin **K. P.** \$4.00
carrot, almond flour, coconut flour, eggs, coconut oil, apple cider vinegar, psyllium husk, baking soda, ginger, cinnamon, nutmeg, sea salt, vanilla
- Strawberry Muffin **K. P.** \$4.00
almond flour, coconut flour, egg, coconut oil, almond milk, strawberries, lemon juice, monk fruit, pink salt, cinnamon, baking powder, vanilla
- Chocolate Zucchini Muffin **P.** \$4.00
zucchini, almond flour, cocoa, egg, coconut oil, maple syrup, lily's chocolate chips, baking soda, vanilla
- Chocolate Chip Banana Bread **P. V. banana,** \$3.00
plantain flour, coconut oil, chocolate chips, baking powder, baking soda, sourdough culture
- Pumpkin Cake **K. P. V.** \$3.50
pumpkin, coconut cream cheese, avocado, stevia, monk fruit, coconut milk, agar, baking powder, inulin
- Nanaimo Bar **K.P.V.** \$3.50
cocoa, coconut, chia seeds, almond flour, coconut butter, coconut oil, coconut milk, monk fruit, cinnamon, turmeric, pink salt, vanilla
- Coconut Square **K.P.V.** \$3.50
unsweetened coconut, coconut butter, coconut oil, vanilla, cacao butter, monk fruit
- Walnut Brownie **K.P.V.** \$3.50
cocoa, coconut butter, chocolate, walnuts, coconut sour cream, almond milk, stevia, baking soda
- Salted Almond Brownie **K.P.** \$3.50
almond flour, almond butter, cocoa, egg, coconut oil, baking soda, vanilla
- Low-Carb Ginger Cookie **K.P.** \$2.25
almond butter, almond flour, coconut flour, flax, coconut oil, ginger, cinnamon, allspice, monk fruit, molasses, vanilla, baking soda
- Chocolate Chip Cookie **K.P.** \$3.00
almond flour, coconut flour, egg, almond butter, coconut oil, lily's chocolate chips, monk fruit, vanilla, pink salt, baking soda
- Almond Butter Cookie **K.P.** \$3.00
almond butter, egg, monk fruit

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