

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
- Apple Cinnamon Muffin **K. P.** \$4.00
apples, almond flour, coconut flour, psyllium husk, eggs, monk fruit, coconut oil, cinnamon, almond milk, vanilla, nutmeg, ginger, pink salt, baking powder
- Chocolate Zucchini Muffin **P.** \$4.00
zucchini, almond flour, cocoa, egg, coconut oil, maple syrup, lily's chocolate chips, baking soda, vanilla
- Chocolate Chip Cookie Dough Protein Cups **K.P.V.** - *vegan aura protein powder, almond butter, coconut flour, flax, monk fruit, almond milk, Lily's chocolate chips, coconut oil, vanilla, pink salt* \$3.50
- 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
- Bliss Bar **P.V.** \$3.50
almond flour, coconut oil, coconut flour, maple syrup, vanilla, cocoa, almond butter, pink salt, baking soda
- Cinna-bombs **K. P.** \$2.25
almond flour, coconut flour, monk fruit, coconut oil, almond milk, eggs, vanilla, allspice, cinnamon, nutmeg, pink salt, baking powder
- Lemon Coconut Cookie **P.V.** \$2.75
coconut, coconut oil, almond flour, lemon, coconut butter, maple syrup, pink salt, 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
- Berry Thumbprint Cookies **K. P. V.** \$2.75
almond flour, coconut oil, monk fruit, cinnamon, nutmeg, blueberries, strawberries, vanilla, lemon, tapioca starch, pink salt, baking powder
- Oatmeal Cookie **V.** \$2.75
Almond butter, coconut oil, gluten-free oats, flax, maple syrup, cinnamon, nutmeg, cloves, pink salt, vanilla

47 King Street West | Bowmanville | Ontario

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