

HEALTHY TREATS

KETO = K | PALEO = P | VEGAN = V



GLUTEN-FREE DESSERTS

Menu items may be subject to change based on seasonality availability

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|---|--------|---|--------|
| - Lemon Blueberry Muffin K. P.
<i>almond flour, eggs, coconut oil, blueberries, almond milk, pink salt, lemon, vanilla, monk fruit, baking powder</i> | \$4.25 | - Walnut Brownie K.P.V.
<i>cocoa, coconut butter, chocolate, walnuts, coconut sour cream, almond milk, stevia, baking soda</i> | \$4.00 |
| - Carrot Muffin K. P.
<i>carrot, almond flour, coconut flour, eggs, coconut oil, apple cider vinegar, psyllium husk, baking soda, ginger, cinnamon, nutmeg, sea salt, vanilla</i> | \$4.25 | - Bliss Bar P.V.
<i>almond flour, coconut oil, coconut flour, maple syrup, vanilla, cocoa, almond butter, pink salt, baking soda</i> | \$3.75 |
| - Apple Cinnamon Muffin K. P.
<i>apples, almond flour, coconut flour, psyllium husk, eggs, monk fruit, coconut oil, cinnamon, almond milk, vanilla, nutmeg, ginger, pink salt, baking powder</i> | \$4.25 | - Cinna-bombs K. P.
<i>almond flour, coconut flour, monk fruit, coconut oil, almond milk, eggs, vanilla, allspice, cinnamon, nutmeg, pink salt, baking powder</i> | \$2.50 |
| - Chocolate Zucchini Muffin P.
<i>zucchini, almond flour, cocoa, egg, coconut oil, maple syrup, lily's chocolate chips, baking soda, vanilla</i> | \$4.25 | - Chocolate Chip Cookie K.P.
<i>almond flour, coconut flour, egg, almond butter, coconut oil, lily's chocolate chips, monk fruit, vanilla, pink salt, baking soda</i> | \$3.50 |
| - Chocolate Chip Cookie Dough Protein Cups K.P.V. - <i>vegan aura protein powder, almond butter, coconut flour, flax, monk fruit, almond milk, Lily's chocolate chips, coconut oil, vanilla, pink salt</i> | \$3.75 | - Almond Butter Cookie K.P.
<i>almond butter, egg, monk fruit</i> | \$3.50 |
| - Pumpkin Cake K. P. V.
<i>pumpkin, coconut cream cheese, avocado, stevia, monk fruit, coconut milk, agar, baking powder, inulin</i> | \$4.00 | - Berry Thumbprint Cookies K. P. V.
<i>almond flour, coconut oil, monk fruit, cinnamon, nutmeg, blueberries, strawberries, vanilla, lemon, tapioca starch, pink salt, baking powder</i> | \$3.00 |
| - Nanaimo Bar K.P.V.
<i>cocoa, coconut, chia seeds, almond flour, coconut butter, coconut oil, coconut milk, monk fruit, cinnamon, turmeric, pink salt, vanilla</i> | \$4.00 | - Oatmeal Cookie V.
<i>Almond butter, coconut oil, gluten-free oats, flax, maple syrup, cinnamon, nutmeg, cloves, pink salt, vanilla</i> | \$3.25 |
| - Coconut Square K. P. V.
<i>unsweetened coconut, coconut butter, coconut oil, vanilla, cacao butter, monk fruit</i> | \$4.00 | | |

Stop by to check out what we have on our seasonal menu!

47 King Street West | Bowmanville | Ontario

www.nutritionkitchen.ca | [@nutritionkitchenbowmanville](https://www.instagram.com/nutritionkitchenbowmanville)