

CRANBERRY MUFFIN

Unsweetened Applesauce
Organic GF oat flour
Organic GF oats
Almond flour
Organic coconut sugar
Organic cane sugar
Organic flax meal
Organic coconut milk
Organic chia seeds
Grape seed oil
Dried cranberries
Organic Pumpkin seeds
Coconut
Organic apple cider vinegar
Lemon extract
Baking soda
Baking powder
Cardamom
Sea Salt

Icing sugar, lemon extract, water
(for Glaze)

Sunshine Muffin

Carrots
Almond flour
Organic oat flour
Organic GF oats
GF Flour blend
Flax
Organic coconut sugar
Grape seed oil
Organic maple syrup
Coconut milk
Walnuts
Dried pineapple
Dates
Coconut
Sunflower seeds
Pumpkin seeds
Organic chia seeds
Baking powder
Spices
Sea Salt

Morning Glory Muffin

Carrots
Almond flour
Organic oat flour
Organic GF oats
GF Flour blend
Flax
Organic coconut flour
Organic cane sugar
Organic coconut sugar
Pineapple
Raisins
Walnuts
Grape seed oil
Organic maple syrup
Coconut milk
Organic chia seeds
Baking powder
Spices
Sea Salt

BANANA MUFFIN

Bananas
Organic GF oat flour
Organic GF oats
Almond flour
Organic coconut sugar
Organic cane sugar
Organic flax meal
Organic coconut milk
Organic maple syrup
Organic chia seeds
Grape seed oil
Organic dates
Walnuts
Organic raisins
Organic apple cider vinegar
Vanilla extract
Baking soda
Baking powder
Organic cinnamon
Sea Salt