

# delish

GLUTEN FREE • WHEAT FREE

## MUFFINS

### Vegan Quinoa Carrot Cake



Ingredients: GF flour blend, sugar, canola oil, ground flax seed, quinoa, pineapple, carrots, raisins, cinnamon, nutmeg, vanilla extract, baking soda, salt.

### Vegan Banana Chocolate Chip



Ingredients: Bananas, GF flour blend, sugar, canola oil, ground flax seed, dark chocolate chips, cinnamon, vanilla extract, baking powder, baking soda, salt.

### Vegan Cherry Coconut



Ingredients: GF flour blend, sugar, canola oil, ground flax seed, unsweetened coconut, pineapple, sour cherries, pineapple juice, cinnamon, nutmeg, vanilla extract, baking soda, salt.



### Vegan Apple Cranberry Flax



Ingredients: GF flour blend, sugar, canola oil, ground flax seed, apples, cranberries, carrots, lemon juice, orange zest, cinnamon, nutmeg, vanilla extract, baking soda, salt.

### Lemon Blueberry Poppy Seed

Ingredients: GF flour blend, sugar, butter, eggs, sour cream, lemon juice, poppy seeds, blueberries, lemon zest, baking soda, salt.

Baked locally in a 100%  
gluten free environment!

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