

Product Ingredient List

DAIRY FREE EGG FREE

Apple Cinnamon

Muffins/Loaf

Gf flour, eggs, milk, butter, sugar, apple

Apple Turnovers

Gf flour, butter, milk, sugar, apple, powdered sugar

Blondies

Gf flour, eggs, butter, milk, chocolate chips

Blueberry Muffins/Loaf

Coconut milk, eggs, gf flour, sugar, canola oil, blueberries

Buttercream Frosting

Butter, milk, powdered sugar

Butternut Squash Soup (egg free)

Veg. broth, onions, garlic, carrots, apple, butternut squash, coconut milk, spices

Chocolate Cupcakes

Gf flour, cocoa, sugar, canola oil, eggs

Choc Chip Cookies

Gf flour, butter, eggs, dairy

Cinnamon Muffins/Loaf

Gf flour, eggs, milk, butter, sugar

Dairy & Egg Free oatmeal

Choc Chip Cookie

Gf flour, oats, vegan butter, dairy free chocolate chips

Dairy & Egg Free oatmeal

Raisin Cookies

Gf flour, oats, vegan butter, raisins

Donut Holes

Gf flour, milk, butter

Frosted Sugar Cookies

Gf flour, milk, eggs, butter, sugar, gf sprinkles

Gingerbread Cookies

Gf flour, butter, eggs, molasses

Lemon Muffins/Loaf

Coconut milk, eggs, gf flour, sugar, canola oil

Molasses Cookies

Gf flour, eggs, molasses, veg. shortening

Pumpkin Cookies

Oats, pumpkin puree, flax, cranberries, peppitas

Pumpkin Muffins/Loaf

Eggs, sugars, canola oil, gf flour, spices, optional chocolate chips

Snickerdoodles

Eggs, sugars, butter, gf flour, spices

Soft Gluten Free Bread

Gf flour, butter, milk, eggs

Soft Rolls

Gf flour, butter, milk, eggs

Vanilla Cupcakes

Gf flour, butter, eggs, milk

Arancini

Risotto, chicken broth, hamburger, egg, cheese, peas

Arepa

White corn flour, butter

Balsamic Chicken (egg free)

Chicken thigh, carrots, mushrooms, onion

Chicken Empanadas

Gf flour, white meat chicken, butter, white wine, veg. shortening, onion, garlic

Chicken Pot Pie

Gf flour, butter, eggs, milk, white meat chicken, potatoes, carrots, peas, onion, garlic, pepper

Dairy Free Chicken Pot Pie

Gf flour, vegan butter, eggs, coconut milk, white meat chicken, potatoes, carrots, peas, onion, garlic, pepper

Chicken Tenders

Gf flour, white meat chicken, egg, gf bread crumbs, cheese

Chicken Veggie Soup (egg free)

White meat chicken, onion, carrots, celery, sweet potato, zucchini, tomatoes, chicken broth

Crab Cakes

Crab, gf bread crumbs, eggs, mayo, celery

Dairy Free Pie Crust

Gf flour, eggs, veg. shortening

Egg Cheese Bacon Biscuit

Gf flour, dairy, eggs, bacon

Egg Cheese Sausage Biscuit

Gf flour, dairy, eggs, sausage

Kale Salad (egg free)

Kale greens, cabbage, carrot, onion, apple, cranberries (feta optional)

Lasagna Rolls

Gf flour, dairy, eggs, lean hamburger, tomato sauce, spices, cheeses, ricotta

Pepperoni Rolls

Gf flour, milk, butter, pepperoni, provolone cheese

Pie Crust

Gf flour, butter, eggs

Pigs in a Blanket

Milk, butter, gf flour, gf beef sausages

Pizza Crust

GF flour, eggs, olive oil, minced garlic, butter

Pumpkin Veggie Soup (egg free)

Pumpkin, vegan butter, onion, veg. broth, potatoes, Celery, carrots, spices

Spinach Lasagna

Gf flour, eggs, dairy, spinach,
spices, ricotta, cheeses

Vegan Red Curry (egg free)

Sweet potatoes, onion,
chickpeas, coconut milk,
garlic