

Unrefined Bakery
Gluten-Free Soy-Free Non-GMO
Nutritional Information

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Erythritol (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Muffins											
Serving Size: 1 Muffin											
Banana	387	18	2	0	56	4	26	-	3	45	404
Banana Walnut	423	23	2	0	52	4	24	-	5	0	366
Banana EFDF	377	16	1	0	59	4	23	-	3	0	355
Banana Walnut EFDF	432	23	2	0	58	5	22	-	4	0	338
Pumpkin	307	14	2	0	45	3	21	-	4	57	702
Pumpkin Walnut	358	19	2	0	46	4	22	-	5	57	703
Pumpkin EFDF	295	14	1	0	43	4	19	-	2	0	629
Pumpkin Walnut EFDF	346	19	2	0	45	5	19	-	3	0	629
Blueberry	305	16	5	0	40	2	16	-	3	35	249
Lemon Cranberry	320	15	5	0	44	2	19	-	3	35	249
Oatmeal Cranberry	392	20	5	0	53	4	19	-	4	0	564
Morning Muffin	358	15	2	0	111	6	22	-	5	41	374
Cinnamon Sweet Rolls											
Cinnamon Plain	305	9	1	0	53	4	11	-	3	29	343
Cinnamon Raisin	335	9	1	0	60	4	17	-	3	29	343
Cinnamon Pecan	354	15	1	0	53	4	11	-	4	29	333
Paleo Muffins											
Paleo Morning Muffin	205	15	2	0	14	6	6	-	7	39	123
Paleo Banana Chocolate	213	16	6	0	12	4	4	-	6	127	212
Paleo Pumpkin Muffin	194	15	4	0	11	3	1	-	6	141	207
Paleo Pumpkin Walnut	222	18	4	0	10	4	1	-	7	135	194
Paleo Lemon Cranberry	195	15	4	0	10	1.5	6	-	5	149	62
Keto Muffins											
Keto Lemon Cranberry	154	12	4	0	3	2	0.7	-	5	130	184
Keto Chocolate	165	12	4	0	4	2	0	-	5	136	193
Sweet Breads											
Serving Size: 1 Slice (11 per loaf)											
Banana	164	7	1	0	24	2	11	-	1	19	171
Vegan Banana (EFDF)	171	7	1	0	27	2	10	-	1	0	161
Pumpkin	170	8	1	0	25	2	12	-	2	32	390
Vegan Pumpkin (EFDF)	158	7	1	0	23	2	10	-	1	0	337
Coffee Cake	199	9	3	0	30	1	15	-	2	24	162
Treats											
Serving Size: 1 Brownie											
Fudge Brownie	241	13	3	0	30	1	26	-	4	47	16
Fudge Walnut Brownie	268	16	3	0	30	2	24	-	4	45	15
Serving Size: 1 Rusk											
Almond Rusks	109	5	3	0	15	1	8	-	1	27	63
Serving Size: 1 Cup											
The Mix	242	15	1	0	25	3	5	-	5	0	250
The Mix w/o nuts	152	6	2	0	25	1	6	-	2	0	276

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		(g)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)
Cookies & Cupcakes											
Sugar Cookie	123	7	1	0	15	0	9	-	1	11	83
Vegan Sugar Cookie	126	6	0	0	18	0	8	-	0	0	103
Paleo Sugar Cookie	147	10	2	0	12	1	7	-	4	38	70
Vanilla Cupcake	242	9	1	0	38	1	21	-	2	25	251
Vanilla Cupcake w/icing	333	12	1	0	49	1	31	-	2	25	279
Paleo Cupcake	155	12	6	0	10	4	6	-	5	115	175
Paleo Cupcake w/icing	227	18	9	0	14	4	10	-	5	115	175
Keto Choc Cupcake w/icing	250	24	12	0	9	2	1	5	5	136	193
Keto Vanilla Cupcake w/icing	273	27	10	0	10	3	1	5	6	70	88
Breads											
Dinner Bread: 2 Slices (16 per loaf)											
5 Grain	92	2	0	0	36	1	2	-	1	0	270
Sandwich Bread: 1 Slice (19 per loaf)											
5 Grain	117	4	0	0	19	1	1	-	1	12	145
Whole Grain	118	5	0	0	17	2	1	-	2	12	144
Hearty Whole Grain	112	5	0	0	14	4	1	-	3	12	133
Cinnamon Raisin	129	4	0	0	22	1	5	-	2	12	129
2 Grain YFSF	81	2	0	0	15	1	0	-	1	0	131
Paleo	124	8	1	0	10	3	0	-	4	40	100
Starch Free Paleo	135	11	1	0	5	3	1	-	6	50	186
Keto Bread	96	8	2	0	2.5	1.5	0	-	4	109	88
Rolls: 1 Roll											
5 Grain	275	6	0	0	50	2	2	-	3	0	404
2 Grain YFSF	209	6	1	0	36	3	0	-	3	32	326
Cornbread Muffin	307	14	1	0	43	2	9	-	4	42	492
JalCheese Cornbread Muffin	326	15	2	0	43	2	9	-	5	46	562
Starch Free Paleo	335	27	2	0	12	7	2	-	15	124	460
Pizza Crust											
Pizza Crust 9" - 1/3 of pizza	140	3.5	0	0	27	1	1	-	2	0	200
Pizza Crust 13" - 1/6 of pizza	140	3.5	0	0	27	1	1	-	2	0	200
Buns: 1 Bun											
5 Grain Hamburger	203	5	1	0	38	2	3	-	2	0	301
Hot Dog Bun	156	4	1	0	29	1	2	-	2	0	231
Paleo Bun	232	14	2	0	22	2	1	-	6	98	257