



Our products are handmade with careful attention to cross contamination in a facility that also handles wheat, nuts, eggs, dairy & soy.

CUPCAKES

CHOCOLATE LOVES CHOCOLATE

Ingredients: vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), gluten-free flour blend (white rice flour, potato starch, tapioca flour), cane sugar, water, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, cocoa powder (processed with alkali), vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), natural cocoa powder, sea salt, organic coffee, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG.

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 380	Calories from Fat 220
% Daily Values*	
Total Fat 24g	37%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 24g	
Protein 3g	6%
*Percent Daily Values are based on a 2,000 calorie diet.	

*4CT CHOCOLATE LOVES
CHOCOLATE CUPCAKE*

CHOCOLATE LOVES VANILLA

Ingredients: vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), gluten-free flour blend (white rice flour, potato starch, tapioca flour), cane sugar, water, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, cocoa powder (processed with alkali), chocolate (evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter), vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), sea salt, organic coffee, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG.

Nutrition Facts	
Serving Size 3 cupcakes (85g)	
Servings Per Container 4	
Amount Per Serving	
Calories 360	
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 240mg	10%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Sugars 24g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

*12CT MINI CHOCOLATE
LOVES VANILLA CUPCAKE*

VANILLA LOVES VANILLA

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), cane sugar, water, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG.

VEGAN CHOCOLATE SPRINKLE

Ingredients: vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), water, gluten-free flour blend (white rice flour, potato starch, tapioca flour), cane sugar, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cocoa powder (processed with alkali), natural sprinkles (sugar, cornstarch, palm oil, palm kernel oil, sunflower lecithin, color added (turmeric, annatto, spirulina, riboflavin, vegetable juices & beta carotene), natural vanilla flavor, carnauba wax), vegan egg (whole algal flour, whole algal protein, modified cellulose, cellulose, gellan gum, calcium lactate (plant source), carrageenan, nutritional yeast, black salt), vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), sea salt, organic coffee, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: NO ALLERGENS.

SEASONAL CUPCAKES

CHOCOLATE RASPBERRY

Ingredients: vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), gluten-free flour blend (white rice flour, potato starch, tapioca flour), cane sugar, water, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, cocoa powder (processed with alkali), natural sprinkles (sugar, Cornstarch, confectioner's glaze, beet juice for color, carnauba wax), red raspberry extract (alcohol, red raspberry concentrate, glycerin, natural flavors, water), freeze-dried raspberries, vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG.

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 390	Calories from Fat 220
% Daily Values*	
Total Fat 24g	37%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 280mg	12%
Total Carbohydrate 39g	13%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT VANILLA LOVES VANILLA
CUPCAKE

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 390	
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 26g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT VEGAN CHOCOLATE
SPRINKLE CUPCAKE

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 380	Calories from Fat 220
% Daily Values*	
Total Fat 24g	37%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 25g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT SEASONAL CHOCOLATE
RASPBERRY CUPCAKE

CHOCOLATE MINT

Ingredients: vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), gluten-free flour blend (white rice flour, potato starch, tapioca flour), cane sugar, water, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, cocoa powder (processed with alkali), peppermint flavor extract (alcohol, water, natural peppermint flavor), chocolate (evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter), sea salt, spearmint, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum, spirulina and turmeric (for color).

CONTAINS: EGG.

CARROT CAKE

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), organic carrots, cane sugar, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, expeller-pressed canola oil (non-gmo), coconut milk (coconut, water, guar gum), vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), organic raw cashews, vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), lemon juice, sea salt, cinnamon, organic apple cider vinegar, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG, CASHEW, COCONUT.

LEMON

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), water, cane sugar, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, lemon juice, natural sprinkles (sugar, cornstarch, confectioner's glaze, carnauba wax), lemon extract (alcohol, lemon oil, vegetable glycerin), lemon zest, sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum, organic turmeric (for color).

CONTAINS: EGG.

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 380	Calories from Fat 220
% Daily Values*	
Total Fat 24g	37%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 24g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT SEASONAL CHOCOLATE
MINT CUPCAKE

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 410	Calories from Fat 220
% Daily Values*	
Total Fat 24g	37%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Total Carbohydrate 45g	15%
Dietary Fiber 2g	8%
Sugars 28g	
Protein 3g	6%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT SEASONAL CARROT
CAKE CUPCAKE

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 390	Calories from Fat 220
% Daily Values*	
Total Fat 24g	37%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 280mg	12%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT SEASONAL LEMON
CUPCAKE

SALTED CARAMEL

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), cane sugar, water, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, brown sugar, coconut milk (coconut, water, guar gum), vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG, COCONUT.

SUMMER STRAWBERRY

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), cane sugar, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), water, strawberries, cage-free eggs, natural sprinkles (sugar, beet juice for color, carnauba wax), vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), freeze-dried strawberries, sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG.

RASPBERRY LEMONADE

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), water, vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), cane sugar, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, lemon juice, natural sprinkles (sugar, beet juice for color, carnauba wax), lemon extract (alcohol, lemon oil, vegetable glycerin), freeze-dried raspberries, sea salt, vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), lemon zest, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG.

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 400	Calories from Fat 220
% Daily Values*	
Total Fat 25g	38%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 280mg	12%
Total Carbohydrate 42g	14%
Dietary Fiber 1g	4%
Sugars 28g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT SEASONAL SALTED
CARAMEL CUPCAKE

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 380	Calories from Fat 210
% Daily Values*	
Total Fat 24g	37%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 280mg	12%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT SEASONAL SUMMER
STRAWBERRY CUPCAKE

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 390	Calories from Fat 210
% Daily Values*	
Total Fat 24g	37%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 280mg	12%
Total Carbohydrate 39g	13%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT SEASONAL RASPBERRY
LEMONADE CUPCAKE

CAPPUCCINO

Ingredients: vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), gluten-free flour blend (white rice flour, potato starch, tapioca flour), cane sugar, water, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, cocoa powder (processed with alkali), coffee, chocolate (evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter), coffee extract (water, alcohol (35%), coffee extractives), vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG.

PUMPKIN CHEESECAKE

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), pumpkin puree, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, brown sugar, expeller-pressed canola oil (non-gmo), cane sugar, coconut milk (coconut, water, guar gum), vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), organic raw cashews, vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), cinnamon, lemon juice, sea salt, organic apple cider vinegar, nutmeg, ginger, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), cloves, allspice, xanthan gum.

CONTAINS: EGG, CASHEW, COCONUT.

SWEET POTATO PIE

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), organic sweet potato, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, brown sugar, expeller-pressed canola oil (non-gmo), cane sugar, vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), maple syrup, water, vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), sea salt, cinnamon, molasses, pecans, ginger, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG, PECAN.

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 390	Calories from Fat 220
% Daily Values*	
Total Fat 25g	38%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 25g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT SEASONAL CAPPUCCINO
CUPCAKE

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 410	Calories from Fat 220
% Daily Values*	
Total Fat 24g	37%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 220mg	9%
Total Carbohydrate 45g	15%
Dietary Fiber 2g	8%
Sugars 28g	
Protein 3g	6%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT SEASONAL PUMPKIN
CHEESECAKE CUPCAKE

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 410	Calories from Fat 210
% Daily Values*	
Total Fat 23g	35%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Total Carbohydrate 48g	16%
Dietary Fiber 2g	8%
Sugars 30g	
Protein 3g	6%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT SEASONAL SWEET
POTATO PIE CUPCAKE

RED VELVET

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), cane sugar, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), water, cage-free eggs, organic beets, coconut milk (coconut, water, guar gum), organic raw cashews, lemon juice, natural cocoa powder, vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), vegetable & plant extract (for color), organic apple cider vinegar, sea salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG, CASHEW, COCONUT.

Nutrition Facts	
Serving Size 1 cupcake (92g)	
Servings Per Container 4	
Amount Per Serving	
Calories 390	Calories from Fat 230
% Daily Values*	
Total Fat 25g	38%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 270mg	11%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 25g	
Protein 3g	6%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT SEASONAL RED VELVET
CUPCAKE

CAKES

6" CHOCOLATE LOVES CHOCOLATE CAKE

Ingredients: vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), gluten-free flour blend (white rice flour, potato starch, tapioca flour), cane sugar, water, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, cocoa powder (processed with alkali), vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), natural cocoa powder, chocolate (evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter), sea salt, organic coffee, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG.

6" VANILLA LOVES VANILLA CAKE

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), cane sugar, water, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG.

NUTRITION
INFORMATION
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COOKIES

CHOCOLATE CHIP WALNUT & SEA SALT

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), brown sugar, vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), chocolate chips (evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter), walnuts, cane sugar, cage-free eggs, coconut milk (coconut, water, guar gum), vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG, WALNUT, COCONUT.

*NUTRITION
INFORMATION
COMING SOON!*

MUFFINS

BLUEBERRY LEMON

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), cane sugar, brown sugar, coconut milk (coconut, water, guar gum), cage-free eggs, wild blueberries, water, vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), lemon zest, blueberry extract (natural flavor, alcohol, water), sea salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), baking soda (sodium bicarbonate), xanthan gum.

CONTAINS: EGG, COCONUT.

Nutrition Facts	
Serving Size 1 muffin (71g)	
Servings Per Container 4	
Amount Per Serving	
Calories 220	Calories from Fat 90
% Daily Values*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

*4CT BLUEBERRY LEMON
MUFFIN*

BANANA WALNUT

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), bananas, vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), cane sugar, brown sugar, coconut milk (coconut, water, guar gum), cage-free eggs, water, walnuts, vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), sea salt, banana extract (natural flavor, alcohol, water), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), baking soda (sodium bicarbonate), xanthan gum.

CONTAINS: EGG, WALNUT, COCONUT.

Nutrition Facts	
Serving Size 1 muffin (71g)	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 90
% Daily Values*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

*4CT BANANA WALNUT
MUFFIN*

ALMOND POPPYSEED

Ingredients: gluten-free flour blend (white rice flour, potato starch, tapioca flour), vegan butter (non-gmo oil blend (palm fruit, canola, and olive oils), water, salt, natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract for color), cane sugar, brown sugar, coconut milk (coconut, water, guar gum), cage-free eggs, water, blanched almonds, poppy seeds, almond extract (water, alcohol, bitter almond oil), vanilla extract (vanilla bean extractives in water, alcohol (35%), and sugar), sea salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), baking soda (sodium bicarbonate), xanthan gum.

CONTAINS: EGG, ALMOND, COCONUT.

Nutrition Facts	
Serving Size 1 muffin (71g)	
Servings Per Container 4	
Amount Per Serving	
Calories 220	
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

4CT ALMOND POPPYSEED
MUFFIN