Lovin' Oven
a little family bakery

GLUTEN-FREE | DAIRY-FREE SOY-FREE

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 (non-GMO), 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), 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 (82g)
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 (non-GMO), 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), 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 35g	**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 (non-GMO), 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), sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG.

4CT VANILLA LOVES VANILLA CUPCAKE

***VEGAN* 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), water, gluten-free flour blend (white rice flour, potato starch (non-GMO), 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), organic golden flaxseed, vanilla extract (vanilla bean extractives in water, alcohol), sea salt, organic coffee, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: NONE OF THE EIGHT MAJOR FOOD ALLERGENS.

4CT VEGAN CHOCOLATE LOVES VANILLA CUPCAKE

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 (non-GMO), 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), sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG.

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 (non-GMO), 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.

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

CARROT CAKE

Ingredients: gluten-free flour blend (white rice flour, potato starch (non-GMO), tapioca flour), organic carrots, cane sugar, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, non-GMO canola oil, 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), 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.

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

LEMON

Ingredients: gluten-free flour blend (white rice flour, potato starch (non-GMO), 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 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 (non-GMO), 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), sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.

CONTAINS: EGG, COCONUT.


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

SUMMER STRAWBERRY

Ingredients: gluten-free flour blend (white rice flour, potato starch (non-GMO), 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), freeze-dried strawberries, 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 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

RASPBERRY LEMONADE

Ingredients: gluten-free flour blend (white rice flour, potato starch (non-GMO), 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, 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 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 (non-GMO), 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, coffee extractives), vanilla extract (vanilla bean extractives in water, alcohol), 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 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

PUMPKIN CHEESECAKE

Ingredients: gluten-free flour blend (white rice flour, potato starch (non-GMO), tapioca flour), pumpkin puree, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, brown sugar, non-GMO canola oil, 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), 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.


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

SWEET POTATO PIE

Ingredients: gluten-free flour blend (white rice flour, potato starch (non-GMO), tapioca flour), organic sweet potato, powdered sugar (sugar, cornstarch), non-hydrogenated shortening (palm oil), cage-free eggs, brown sugar, non-GMO canola oil, 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), 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 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 (non-GMO), 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), 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 (non-GMO), 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), 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 INFORMATION COMING SOON!

6" VANILLA LOVES VANILLA CAKE

Ingredients: gluten-free flour blend (white rice flour, potato starch (non-GMO), 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), sea salt, baking soda (sodium bicarbonate), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), xanthan gum.
CONTAINS: EGG.

NUTRITION INFORMATION COMING SOON!

COOKIES

CHOCOLATE CHIP WALNUT & SEA SALT

Ingredients: gluten-free flour blend (white rice flour, potato starch (non-GMO), 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), 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 (non-GMO), 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, 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 (non-GMO), 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, 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 (non-GMO), 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 seed, sea salt, almond extract (water, alcohol, bitter almond oil), 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