



**SAUBER**  
-TREATS-



# NUTRITIONAL INFORMATION

# OUR MENU

## TREATS

---

APPLE CRUMBLE SLICE  
-  
CHOCOLATE COCONUT  
MACAROON  
-  
CHOCOLATE FUDGE  
BROWNIE  
-  
HONEY ROCK CAKE  
-  
LEMON COCONUT  
MACAROON  
-  
MACADAMIA NUT BLONDIE  
-  
PEANUT BUTTER CUP  
-  
POPCORN AND  
SALTED CARAMEL  
CHOCOLATE CUP  
-  
ROCKY ROAD  
-  
TWIX BAR

## TARTS

---

LEMON CURD  
-  
ORANGE CURD  
-  
RASPBERRY AND  
CHIA CURD

## COOKIES

---

CARAMEL MACADAMIA  
COOKIE  
-  
CHOC CHUNK COOKIE  
-  
DOUBLE CHOC MACADAMIA  
COOKIE  
-  
GINGERBREAD COOKIE  
-  
GINGERBREAD MEN  
-  
PEANUT BUTTER COOKIE

## CAKES

---

BANANA & WALNUT  
-  
CARROT  
-  
CHOCOLATE  
-  
ORANGE  
-  
LEMON TOFU CHEESECAKE

## MUFFINS

---

APPLE  
-  
BANANA  
-  
BLUEBERRY  
-  
CHOC BLUEBERRY  
-  
CHOC RASPBERRY  
-  
MOCHA  
-  
PEANUT BUTTER  
-  
RASPBERRY  
-  
ICED CHOCOLATE  
-  
ICED VANILLA

## BLISS BALLS

---

CASHEW LEMON  
-  
CHOC PEANUT BUTTER  
-  
LEMON CURD  
-  
PEANUT BUTTER  
-  
SALTED CARAMEL CACAO

# TREATS

## APPLE CRUMBLE SLICE

	PER UNIT (43g)	PER 100g
ENERGY (KCAL)	81.73 KCAL	190.08 KCAL
PROTEIN	2.16 G	5.01 G
FAT, TOTAL	4.96 G	11.53 G
- SATURATED	3.14 G	7.30 G
CARBOHYDRATE	10.64 G	24.75 G
- SUGARS	2.55 G	5.93 G
FIBRE	1.83 G	4.25 G
SODIUM	26.04 MG	60.56 MG
NET CARB	8.82 G	20.50 G

INGREDIENTS: Apple, Quinoa Flakes, Flax Meal, Erythritol, Coconut Butter, Water, Almond Meal, Quinoa Flour, Lucuma Powder, Mesquite Powder, Tahini, Rice Malt Syrup, Cinnamon, Vanilla Extract Essence.

## CHOCOLATE COCONUT MACAROON

	PER UNIT (24g)	PER 100g
ENERGY (KCAL)	99.20 KCAL	413.33 KCAL
PROTEIN	1.36 G	5.68 G
FAT, TOTAL	10.59 G	44.11 G
- SATURATED	9.03 G	37.64 G
CARBOHYDRATE	1.62 G	6.75 G
- SUGARS	0.91 G	3.79 G
FIBRE	0.50 G	2.08 G
SODIUM	31.40 MG	130.85 MG
NET CARB	1.12 G	4.67 G

INGREDIENTS: Flax Meal, Desiccated Coconut, Eggs, Erythritol, Cacao Powder, Coconut Butter, Coconut Oil, Cacao Powder, Vanilla Extract, Salt.

## CHOCOLATE FUDGE BROWNIE

	PER SERVE (41g)	PER 100g
ENERGY (KCAL)	76.68 KCAL	187.03 KCAL
PROTEIN	3.54 G	8.64 G
FAT, TOTAL	5.57 G	13.58 G
- SATURATED	4.27 G	10.41 G
CARBOHYDRATE	6.75 G	16.47 G
- SUGARS	1.23 G	2.99 G
FIBRE	2.07 G	5.04 G
SODIUM	107.79 MG	262.89 MG
NET CARB	4.69 G	11.43 G

INGREDIENTS: Black Beans, Cacao Powder, Egg, Unsweetened Coconut Milk, Erythritol, Water, Coconut Butter, Coconut Oil, Vanilla Extract, Rice Malt Syrup, Baking Powder, Salt.

## HONEY ROCK CAKE

	PER SERVE (28g)	PER 100g
ENERGY (KCAL)	38.76 KCAL	138.43 KCAL
PROTEIN	1.07 G	3.83 G
FAT, TOTAL	2.35 G	8.39 G
- SATURATED	2.10 G	7.50 G
CARBOHYDRATE	4.95 G	17.67 G
- SUGARS	2.28 G	8.15 G
FIBRE	0.83 G	2.97 G
SODIUM	78.76 MG	281.28 MG
NET CARB	4.12 G	14.70 G

INGREDIENTS: Flax Meal, Erythritol, Unsweetened Coconut Milk, Quinoa Flour, Rice Malt Syrup, Egg, Coconut Butter, Water, Vanilla Extract, Stevia, Baking Powder, Bicarbonate Soda.

## LEMON COCONUT MACAROON

	PER SERVE (21g)	PER 100g
ENERGY (KCAL)	125.54 KCAL	597.83 KCAL
PROTEIN	1.54 G	7.33 G
FAT, TOTAL	12.06 G	57.45 G
- SATURATED	10.55 G	50.28 G
CARBOHYDRATE	1.47 G	6.98 G
- SUGARS	1.26 G	6.02 G
FIBRE	0.26 G	1.25 G
SODIUM	20.38 MG	97.06 MG
NET CARB	1.20 G	5.73 G

INGREDIENTS: Desiccated Coconut, Erythritol, Flax Meal, Egg, Lemon Juice, Lemon Zest, Vanilla, Salt.

## MACADAMIA NUT BLONDIE

	PER SERVE (40g)	PER 100g
ENERGY (KCAL)	126.85 KCAL	317.12 KCAL
PROTEIN	3.97 G	9.92 G
FAT, TOTAL	11.46 G	28.64 G
- SATURATED	3.13 G	7.82 G
CARBOHYDRATE	4.78 G	11.96 G
- SUGARS	1.25 G	3.14 G
FIBRE	2.23 G	5.57 G
SODIUM	132.17 MG	330.42 MG
NET CARB	2.56 G	6.39 G

INGREDIENTS: Chickpea, Almond Butter, Water, Egg, Macadamia Nut, Erythritol, Cacao Butter, Coconut Butter, Unsweetened Almond Milk, Rice Malt Syrup, Vanilla Extract, Baking Powder, Almond Extract.

## ROCKY ROAD

	PER SERVE (27g)	PER 100g
ENERGY (KCAL)	129.99 KCAL	481.43 KCAL
PROTEIN	2.38 G	8.82 G
FAT, TOTAL	16.39 G	60.69 G
- SATURATED	12.79 G	47.39 G
CARBOHYDRATE	9.60 G	35.57 G
- SUGARS	2.99 G	11.06 G
FIBRE	2.89 G	10.71 G
SODIUM	78.65 MG	291.31 MG
NET CARB	6.71 G	24.86 G

INGREDIENTS: Cacao Powder, Unsweetened Coconut Milk, Coconut Butter, Coconut Oil, Water, Popcorn (Air Popped), Raspberry (Frozen), Xylitol, Rice Malt Syrup, Carb Powder, Vanilla Extract, Unsalted Raw Cashews, Cacao Butter, Unhulled Tahini, Gelatine, Cacao Nibs, Coconut Flakes, Stevia, Lucuma Powder, Mesquite Powder, Erythritol, Salt.

## TWIX BAR

	PER SERVE (24g)	PER 100g
ENERGY (KCAL)	87.73 KCAL	365.56 KCAL
PROTEIN	1.63 G	6.78 G
FAT, TOTAL	8.64 G	36.00 G
- SATURATED	6.19 G	25.81 G
CARBOHYDRATE	6.47 G	26.98 G
- SUGARS	2.78 G	11.57 G
FIBRE	1.25 G	5.22 G
SODIUM	68.27 MG	284.44 MG
NET CARB	5.22 G	21.75 G

INGREDIENTS: Coconut Butter, Flax Meal, Cacao Powder, Extra Virgin Coconut Oil, Rice Malt Syrup, Almond Meal, Quinoa Flour, Unhulled Tahini, Vanilla Extract, Cacao Butter, Stevia, Mesquite Powder, Lucuma Powder, Unsweetened Coconut Milk, Salt.



## TREATS cont.

### PEANUT BUTTER CUP

	PER SERVE (30g)	PER 100g
ENERGY (KCAL)	86.23 KCAL	287.42 KCAL
PROTEIN	2.27 G	7.56 G
FAT, TOTAL	8.95 G	29.83 G
- SATURATED	5.27 G	17.56 G
CARBOHYDRATE	4.78 G	15.93 G
- SUGARS	2.20 G	7.35 G
FIBRE	0.95 G	3.18 G
SODIUM	55.39 MG	184.64 MG
NET CARB	3.83 G	12.75 G

INGREDIENTS: Peanut Butter, Cacao Powder, Coconut Butter, Coconut Oil, Rice Malt Syrup, Vanilla Extract, Stevia.

### POPCORN SALTED CARAMEL CHOC CUP

	PER SERVE (27g)	PER 100g
ENERGY (KCAL)	92.85 KCAL	343.88 KCAL
PROTEIN	1.64 G	6.06 G
FAT, TOTAL	8.95 G	33.16 G
- SATURATED	7.09 G	26.27 G
CARBOHYDRATE	6.50 G	24.08 G
- SUGARS	2.94 G	10.89 G
FIBRE	1.23 G	4.57 G
SODIUM	116.77 MG	432.49 MG
NET CARB	5.27 G	19.51 G

INGREDIENTS: Cacao Powder, Popcorn (Air Popped), Coconut Oil, Coconut Butter, Rice Malt Syrup, Vanilla Extract, Stevia, Unhulled Tahini, Unsweetened Coconut Milk, Lucuma Powder, Mesquite Powder, Salt. Syrup, Coconut Cream, Water, Beetroot, Baking Powder, Salt.

## TARTS

### LEMON CURD TART

	PER SERVE (49g)	PER 100g
ENERGY (KCAL)	108.26 KCAL	220.94 KCAL
PROTEIN	3.09 G	6.31 G
FAT, TOTAL	9.17 G	18.71 G
- SATURATED	8.59 G	17.52 G
CARBOHYDRATE	5.57 G	11.37 G
- SUGARS	0.72 G	1.47 G
FIBRE	1.71 G	3.49 G
SODIUM	139.72 MG	285.14 MG
NET CARB	3.86 G	7.88 G

INGREDIENTS: Flax Meal, Lemon, Egg, Xylitol, Coconut Butter, Coconut Oil, Quinoa Flour, Water, Stevia, Salt.

### ORANGE CURD TART

	PER SERVE (49g)	PER 100g
ENERGY (KCAL)	109.95 KCAL	224.38 KCAL
PROTEIN	3.03 G	6.19 G
FAT, TOTAL	10.11 G	20.63 G
- SATURATED	7.34 G	14.97 G
CARBOHYDRATE	4.93 G	10.06 G
- SUGARS	1.34 G	2.74 G
FIBRE	1.69 G	3.45 G
SODIUM	109.22 MG	222.90 MG
NET CARB	3.24 G	6.60 G

INGREDIENTS: Flax Meal, Orange, Egg, Xylitol, Coconut Butter, Coconut Oil, Quinoa Flour, Water, Stevia, Salt.

### RASPBERRY CHIA CURD TART

	PER SERVE (50g)	PER 100g
ENERGY (KCAL)	110.20 KCAL	220.39 KCAL
PROTEIN	3.03 G	6.06 G
FAT, TOTAL	9.23 G	18.46 G
- SATURATED	7.34 G	14.67 G
CARBOHYDRATE	5.86 G	11.73 G
- SUGARS	0.90 G	1.81 G
FIBRE	2.00 G	4.00 G
SODIUM	109.22 MG	218.44 MG
NET CARB	3.87 G	7.73 G

INGREDIENTS: Flax Meal, Raspberries (Frozen), Egg, Xylitol, Coconut Butter, Coconut Oil, Quinoa Flour, Water, Lemon, Stevia, Salt.

# COOKIES

## CARAMEL MACADAMIA COOKIE

	PER SERVE (14g)	PER 100g
ENERGY (KCAL)	45.30 KCAL	323.60 KCAL
PROTEIN	0.84 G	6.02 G
FAT, TOTAL	4.60 G	32.82 G
- SATURATED	2.65 G	18.95 G
CARBOHYDRATE	2.59 G	18.51 G
- SUGARS	0.90 G	6.45 G
FIBRE	0.46 G	3.30 G
SODIUM	49.53 MG	353.81 MG
NET CARB	2.13 G	15.20 G

INGREDIENTS: Erythritol, Flax Meal, Coconut Butter, Almond Meal, Macadamia Nuts, Mesquite Powder, Quinoa Flour, Xylitol, Egg, Extra Virgin Coconut Oil, Rice Malt Syrup, Vanilla Extract, Baking Powder, Bicarbonate Soda.

## CHOC CHUNK COOKIES

	PER SERVE (16g)	PER 100g
ENERGY (KCAL)	53.85 KCAL	336.56 KCAL
PROTEIN	1.12 G	7.01 G
FAT, TOTAL	5.73 G	35.84 G
- SATURATED	4.62 G	28.85 G
CARBOHYDRATE	3.85 G	24.04 G
- SUGARS	1.01 G	6.33 G
FIBRE	0.90 G	5.65 G
SODIUM	58.78 MG	367.38 MG
NET CARB	2.94 G	18.39 G

INGREDIENTS: Coconut Butter, Cacao Powder, Erythritol, Flax Meal, Quinoa Flour, Almond Meal, Xylitol, Extra Virgin Coconut Oil, Egg, Rice Malt Syrup, Vanilla Extract, Stevia, Baking Powder, Bicarbonate Soda.

## DOUBLE CHOC MACADAMIA COOKIE

	PER SERVE (14g)	PER 100g
ENERGY (KCAL)	53.92 KCAL	385.15 KCAL
PROTEIN	1.01 G	7.18 G
FAT, TOTAL	5.88 G	42.01 G
- SATURATED	3.77 G	26.95 G
CARBOHYDRATE	2.96 G	21.13 G
- SUGARS	0.84 G	6.03 G
FIBRE	0.85 G	6.09 G
SODIUM	55.91 MG	392.21 MG
NET CARB	2.10 G	15.04 G

INGREDIENTS: Cacao Powder, Coconut Butter, Erythritol, Flax Meal, Almond Meal, Macadamia Nuts, Quinoa Flour, Xylitol, Extra Virgin Coconut Oil, Egg, Rice Malt Syrup, Vanilla Extract, Stevia, Baking Powder, Bicarbonate Soda.

## GINGERBREAD COOKIE

	PER SERVE (4g)	PER 100g
ENERGY (KCAL)	24.37 KCAL	518.62 KCAL
PROTEIN	0.61 G	12.92 G
FAT, TOTAL	2.43 G	51.65 G
- SATURATED	1.47 G	31.20 G
CARBOHYDRATE	2.47 G	52.63 G
- SUGARS	0.81 G	17.22 G
FIBRE	0.48 G	10.23 G
SODIUM	54.49 MG	1159.46 MG
NET CARB	1.99 G	42.41 G

INGREDIENTS: Flax Meal, Almond Meal, Erythritol, Quinoa Flour, Coconut Butter, Rice Malt Syrup, Almond Butter, Water, Almond Butter, Ground Ginger, Stevia, Allspice, Baking Powder, Coconut Oil, Cinnamon, Bicarbonate Soda.

## GINGERBREAD MEN

	PER SERVE (22g)	PER 100g
ENERGY (KCAL)	50.71 KCAL	227.39 KCAL
PROTEIN	1.30 G	5.83 G
FAT, TOTAL	4.59 G	20.60 G
- SATURATED	2.55 G	11.42 G
CARBOHYDRATE	5.31 G	23.83 G
- SUGARS	1.75 G	7.84 G
FIBRE	1.07 G	4.79 G
SODIUM	115.27 MG	516.89 MG
NET CARB	4.25 G	19.04 G

INGREDIENTS: Flax Meal, Almond Meal, Erythritol, Quinoa Flour, Coconut Butter, Rice Malt Syrup, Almond Butter, Water, Almond Butter, Ground Ginger, Stevia, Allspice, Baking Powder, Coconut Oil, Cinnamon, Bicarbonate Soda.

## PEANUT BUTTER COOKIE

	PER SERVE (24g)	PER 100g
ENERGY (KCAL)	101.08 KCAL	415.96 KCAL
PROTEIN	3.66 G	15.08 G
FAT, TOTAL	7.77 G	31.99 G
- SATURATED	1.54 G	6.35 G
CARBOHYDRATE	3.15 G	12.96 G
- SUGARS	1.37 G	5.62 G
FIBRE	0.99 G	4.10 G
SODIUM	115.01 MG	473.29 MG
NET CARB	2.15 G	8.86 G

INGREDIENTS: Peanut Butter, Flax Meal, Lucuma Powder, Egg, Erythritol, Baking Powder, Bicarbonate Soda.

# CAKES

## BANANA WALNUT CAKE

	PER SERVE (94g)	PER 100g
ENERGY (KCAL)	138.41 KCAL	159.09 KCAL
PROTEIN	3.08 G	3.54 G
FAT, TOTAL	9.30 G	10.69 G
- SATURATED	4.07 G	4.67 G
CARBOHYDRATE	10.50 G	12.06 G
- SUGARS	1.93 G	2.22 G
FIBRE	4.75 G	5.46 G
SODIUM	111.23 MG	127.86 MG
NET CARB	5.74 G	6.60 G

INGREDIENTS: Banana, Unsweetened Almond Milk, Almond Flour, Flax Meal, Erythritol, Egg, Unsweetened Coconut Milk, Apple, Coconut Butter, Rice Malt Syrup, Vanilla Extract, Psyllium Husk, Coconut Oil, Unhulled Tahini, Lucuma Powder, Walnuts, Mesquite Powder, Apple Cider Vinegar, Cinnamon, Salt, Baking Powder, Allspice, Bicarbonate Soda.

## CARROT CAKE

	PER SERVE (65g)	PER 100g
ENERGY (KCAL)	119.67 KCAL	184.11 KCAL
PROTEIN	4.38 G	6.74 G
FAT, TOTAL	8.94 G	13.75 G
- SATURATED	1.64 G	2.52 G
CARBOHYDRATE	5.02 G	7.72 G
- SUGARS	2.55 G	3.93 G
FIBRE	4.38 G	6.73 G
SODIUM	134.67 MG	207.19 MG
NET CARB	0.64 G	0.99 G

INGREDIENTS: Unsweetened Almond Milk, Almond Flour, Carrot, Flax Meal, Apple, Unsweetened Coconut Milk, Xylitol, Extra Virgin Coconut Oil, Erythritol, Raw Unsalted Cashews, Cinnamon, Coconut Butter, Egg, Pistachio, Psyllium Husk Powder, Apple Cider Vinegar, Vanilla Extract, Walnuts, Stevia, Ground Ginger, Allspice, Baking Powder, Salt, Bicarbonate Soda.

## CHOCOLATE CAKE

	PER SERVE (68g)	PER 100g
ENERGY (KCAL)	111.39 KCAL	163.82 KCAL
PROTEIN	4.36 G	6.42 G
FAT, TOTAL	9.48 G	13.95 G
- SATURATED	4.14 G	6.08 G
CARBOHYDRATE	8.00 G	11.76 G
- SUGARS	1.69 G	2.48 G
FIBRE	7.08 G	10.41 G
SODIUM	144.07 MG	211.87 MG
NET CARB	0.92 G	1.35 G

INGREDIENTS: Unsweetened Almond Milk, Cacao Powder, Almond Flour, Flax Meal, Egg, Extra Virgin Coconut Oil, Erythritol, Apple, Coconut Butter, Vanilla Extract, Psyllium Husk Powder, Apple Cider Vinegar, Water, Stevia, Hazelnuts, Rice Malt Syrup, Baking Powder, Allspice, Bicarbonate Soda, Salt.

## ORANGE CAKE

	PER SERVE (80g)	PER 100g
ENERGY (KCAL)	121.84 KCAL	152.30 KCAL
PROTEIN	4.60 G	5.75 G
FAT, TOTAL	10.86 G	13.58 G
- SATURATED	1.76 G	2.20 G
CARBOHYDRATE	3.76 G	4.69 G
- SUGARS	2.56 G	3.20 G
FIBRE	4.82 G	6.02 G
SODIUM	173.88 MG	217.35 MG
NET CARB	0.00 G	0.00 G

INGREDIENTS: Almond Flour, Unsweetened Almond Milk, Orange, Flax Meal, Egg, Erythritol, Xylitol, Unsweetened Coconut Milk, Coconut Oil, Raw Unsalted Cashews, Almond Flakes, Psyllium Husk, Coconut Butter, Vanilla Extract, Cinnamon, Ground Ginger, Apple Cider Vinegar, Stevia, Baking Powder, Allspice, Salt, Bicarbonate Soda.

## LEMON CHEESECAKE

	PER SERVE (80g)	PER 100g
ENERGY (KCAL)	119.85 KCAL	173.02 KCAL
PROTEIN	3.66 G	4.57 G
FAT, TOTAL	6.48 G	8.09 G
- SATURATED	3.61 G	4.52 G
CARBOHYDRATE	12.80 G	15.99 G
- SUGARS	2.61 G	3.27 G
FIBRE	2.43 G	3.04 G
SODIUM	107.25 MG	134.06 MG
NET CARB	10.37 G	12.96 G

INGREDIENTS: Quinoa Flakes, Silken Tofu, Unsweetened Almond Milk, Almond Flour, Lemon, Unsweetened Coconut Milk, Blueberries, Raw Unsalted Cashews, Coconut Butter, Erythritol, Rice Malt Syrup, Water, Flax, Vanilla Extract, Coconut Oil, Tapioca Flour, Apple Cider Vinegar, Salt.



# MUFFINS

## APPLE

	PER SERVE (27g)	PER 100g
ENERGY (KCAL)	84.68 KCAL	313.65 KCAL
PROTEIN	3.24 G	11.99 G
FAT, TOTAL	4.91 G	18.18 G
- SATURATED	0.79 G	2.92 G
CARBOHYDRATE	6.80 G	25.17 G
- SUGARS	1.43 G	5.30 G
FIBRE	1.60 G	5.91 G
SODIUM	62.52 MG	231.55 MG
NET CARB	5.20 G	19.26 G

INGREDIENTS: Apple, Quinoa Flour, Almond Flour, Egg, Unsweetened Almond Milk, Almond Butter, Erythritol, Vanilla Extract, Water, Baking Powder, Salt.

## BANANA

	PER SERVE (25g)	PER 100g
ENERGY (KCAL)	83.22 KCAL	332.89 KCAL
PROTEIN	2.43 G	9.74 G
FAT, TOTAL	4.05 G	16.21 G
- SATURATED	1.99 G	7.98 G
CARBOHYDRATE	10.64 G	42.58 G
- SUGARS	1.25 G	4.98 G
FIBRE	0.92 G	3.68 G
SODIUM	76.21 MG	304.82 MG
NET CARB	9.42 G	38.90 G

INGREDIENTS: Banana, Quinoa Flakes, Walnuts, Unsweetened Almond Milk, Coconut Butter, Mesquite Powder, Flax, Rice Malt Syrup, Vanilla Extract, Water, Baking Powder, Cinnamon, Bicarbonate Soda.

## BLUEBERRY

	PER SERVE (29g)	PER 100g
ENERGY (KCAL)	84.82 KCAL	292.49 KCAL
PROTEIN	3.27 G	11.26 G
FAT, TOTAL	4.94 G	17.03 G
- SATURATED	0.79 G	2.72 G
CARBOHYDRATE	6.77 G	23.34 G
- SUGARS	1.40 G	4.84 G
FIBRE	1.60 G	5.53 G
SODIUM	62.88 MG	216.82 MG
NET CARB	5.16 G	17.81 G

INGREDIENTS: Apple, Blueberries (Frozen), Quinoa Flour, Almond Flour, Egg, Unsweetened Almond Milk, Almond Butter, Erythritol, Vanilla Extract, Water, Baking Powder, Salt.

## CHOCOLATE BLUEBERRY

	PER SERVE (27g)	PER 100g
ENERGY (KCAL)	70.38 KCAL	281.53 KCAL
PROTEIN	2.82 G	11.26 G
FAT, TOTAL	4.26 G	17.06 G
- SATURATED	0.74 G	2.98 G
CARBOHYDRATE	5.70 G	22.80 G
- SUGARS	1.32 G	5.29 G
FIBRE	1.69 G	6.77 G
SODIUM	62.37 MG	249.49 MG
NET CARB	4.01 G	16.04 G

INGREDIENTS: Apple, Blueberries (Frozen), Unsweetened Almond Milk, Almond Flour, Quinoa Flour, Almond Butter, Erythritol, Eggs, Cacao Powder, Vanilla Extract, Water, Baking Powder, Salt.

## CHOCOLATE RASPBERRY

	PER SERVE (27g)	PER 100g
ENERGY (KCAL)	69.12 KCAL	256.00 KCAL
PROTEIN	2.80 G	10.36 G
FAT, TOTAL	4.20 G	15.55 G
- SATURATED	0.74 G	2.73 G
CARBOHYDRATE	5.53 G	20.49 G
- SUGARS	1.05 G	3.91 G
FIBRE	1.81 G	6.69 G
SODIUM	60.71 MG	224.87 MG
NET CARB	3.73 G	13.80 G

INGREDIENTS: Apple, Raspberries (Frozen), Unsweetened Almond Milk, Almond Flour, Quinoa Flour, Almond Butter, Erythritol, Eggs, Cacao Powder, Vanilla Extract, Water, Baking Powder, Salt.

## MOCHA

	PER SERVE (28g)	PER 100g
ENERGY (KCAL)	81.94 KCAL	292.65 KCAL
PROTEIN	3.25 G	11.60 G
FAT, TOTAL	6.74 G	24.06 G
- SATURATED	1.90 G	6.79 G
CARBOHYDRATE	2.76 G	9.87 G
- SUGARS	0.60 G	2.15 G
FIBRE	0.83 G	2.98 G
SODIUM	79.50 MG	283.93 MG
NET CARB	1.93 G	6.89 G

INGREDIENTS: Water, Flax Meal, Erythritol, Decaffeinated Coffee, Cacao Powder, Almond Flour, Quinoa Flour, Egg, Extra Virgin Coconut Oil, Xylitol, Coconut Butter, Unsweetened Coconut Milk, Rice Malt Syrup, Stevia, Vanilla Extract, Apple Cider Vinegar, Baking Powder, Bicarbonate Soda.

## PEANUT BUTTER

	PER SERVE (28g)	PER 100g
ENERGY (KCAL)	81.94 KCAL	11.60 KCAL
PROTEIN	3.25 G	24.06 G
FAT, TOTAL	6.74 G	6.79 G
- SATURATED	1.90 G	9.87 G
CARBOHYDRATE	2.76 G	2.15 G
- SUGARS	0.60 G	2.98 G
FIBRE	0.83 G	283.93 G
SODIUM	79.50 MG	6.89 MG
NET CARB	1.93 G	16.81 G

INGREDIENTS: Almond Meal, Almond Milk, Erythritol, Peanut Butter, Egg, Cacao Nibs, Baking Powder, Salt.

## RASPBERRY

	PER SERVE (29g)	PER 100g
ENERGY (KCAL)	84.24 KCAL	290.48 KCAL
PROTEIN	3.27 G	11.26 G
FAT, TOTAL	4.94 G	17.03 G
- SATURATED	0.79 G	2.72 G
CARBOHYDRATE	6.60 G	22.76 G
- SUGARS	1.12 G	3.88 G
FIBRE	1.73 G	5.95 G
SODIUM	62.52 MG	215.58 MG
NET CARB	4.88 G	16.81 G

INGREDIENTS: Apple, Raspberries (Frozen), Quinoa Flour, Almond Flour, Egg, Unsweetened Almond Milk, Almond Butter, Erythritol, Vanilla Extract, Water, Baking Powder, Salt.



# ICED MUFFINS

## ICED CHOCOLATE

	PER SERVE (25g)	PER 100g
ENERGY (KCAL)	68.85 KCAL	275.41 KCAL
PROTEIN	2.81 G	11.24 G
FAT, TOTAL	4.30 G	17.21 G
- SATURATED	0.75 G	3.00 G
CARBOHYDRATE	5.16 G	20.63 G
- SUGARS	0.93 G	3.72 G
FIBRE	1.60 G	6.39 G
SODIUM	63.35 MG	253.39 MG
NET CARB	3.56 G	14.25 G

INGREDIENTS: Apple, Unsweetened Almond Milk, Almond Flour, Quinoa Flour, Erythritol, Coconut Butter, Almond Butter, Eggs, Cacao Powder, Vanilla Extract, Rice Malt Syrup, Coconut Cream, Water, Beetroot, Baking Powder, Salt.

## ICED VANILLA

	PER SERVE (25g)	PER 100g
ENERGY (KCAL)	82.97 KCAL	331.88 KCAL
PROTEIN	3.25 G	13.01 G
FAT, TOTAL	4.96 G	19.83 G
- SATURATED	0.79 G	3.18 G
CARBOHYDRATE	6.19 G	24.77 G
- SUGARS	0.99 G	3.95 G
FIBRE	1.50 G	6.02 G
SODIUM	63.46 MG	253.85 MG
NET CARB	4.69 G	18.75 G

INGREDIENTS: Apple, Quinoa Flour, Almond Flour, Egg, Unsweetened Almond Milk, Coconut Butter, Almond Butter, Erythritol, Vanilla Extract, Rice Malt Syrup, Coconut Cream, Water, Beetroot, Baking Powder, Salt.

# BLISS BALLS

## CASHEW LEMON

	PER SERVE (12g)	PER 100g
ENERGY (KCAL)	72.39 KCAL	603.27 KCAL
PROTEIN	1.74 G	14.48 G
FAT, TOTAL	6.57 G	54.71 G
- SATURATED	3.37 G	28.10 G
CARBOHYDRATE	2.92 G	24.32 G
- SUGARS	1.02 G	8.51 G
FIBRE	0.76 G	6.37 G
SODIUM	9.89 MG	82.42 MG
NET CARB	2.15 G	17.95 G

INGREDIENTS: Cashews, Desiccated Coconut, Flax Meal, Unsweetened Almond Milk, Coconut Butter, Lemon, Vanilla Extract, Chia Seeds, Water, Rice Malt Syrup.

## LEMON CURD

	PER SERVE (11G)	PER 100g
ENERGY (KCAL)	83.23 KCAL	756.68 KCAL
PROTEIN	2.03 G	18.42 G
FAT, TOTAL	6.87 G	62.49 G
- SATURATED	4.13 G	37.58 G
CARBOHYDRATE	4.10 G	37.29 G
- SUGARS	0.95 G	8.68 G
FIBRE	0.77 G	7.04 G
SODIUM	16.92 MG	153.88 MG
NET CARB	3.33 G	30.24 G

INGREDIENTS: Raw Unsalted Cashews, Desiccated Coconut, Flax Meal, Quinoa Flakes, Xylitol, Lemon, Egg, Unsweetened Almond Milk, Coconut Butter, Vanilla Extract Essence, White Chia Seeds, Extra Virgin Coconut Oil, Rice Malt Syrup, Water.

## SALTED CARAMEL CACAO

	PER SERVE (13G)	PER 100g
ENERGY (KCAL)	53.14 KCAL	408.74 KCAL
PROTEIN	0.95 G	7.32 G
FAT, TOTAL	5.18 G	39.85 G
- SATURATED	3.69 G	28.38 G
CARBOHYDRATE	3.27 G	25.16 G
- SUGARS	1.76 G	13.54 G
FIBRE	0.65 G	4.96 G
SODIUM	87.22 MG	670.90 MG
NET CARB	2.62 G	20.19 G

INGREDIENTS: Flax Meal, Desiccated Coconut, Coconut Butter, Rice Malt Syrup, Unhulled Tahini, Mesquite Powder, Lucuma Powder, Cacao Powder, Vanilla Extract, Unsweetened Coconut Milk, Extra Virgin Coconut Oil, Salt. Coconut Butter, Unsweetened Coconut Milk, Rice Malt Syrup, Salt.

## CHOCOLATE PEANUT BUTTER

	PER SERVE (12g)	PER 100g
ENERGY (KCAL)	27.99 KCAL	233.26 KCAL
PROTEIN	0.61 G	5.09 G
FAT, TOTAL	3.73 G	31.08 G
- SATURATED	3.11 G	25.89 G
CARBOHYDRATE	1.20 G	10.02 G
- SUGARS	0.27 G	2.2 G
FIBRE	0.74 G	6.15 G
SODIUM	17.20 MG	143.33 MG
NET CARB	0.46 G	3.86 G

INGREDIENTS: Peanut Butter, Desiccated Coconut, Cacao Powder, Coconut Butter, Erythritol, Flax Meal, Chia Seeds.

## PEANUT BUTTER

	PER SERVE (11G)	PER 100g
ENERGY (KCAL)	19.97 KCAL	181.56 KCAL
PROTEIN	0.66 G	6.02 G
FAT, TOTAL	1.20 G	10.86 G
- SATURATED	0.72 G	6.51 G
CARBOHYDRATE	2.39 G	21.73 G
- SUGARS	0.61 G	5.58 G
FIBRE	0.63 G	5.68 G
SODIUM	63.39 MG	576.30 MG
NET CARB	1.77 G	16.05 G

INGREDIENTS: Peanut Butter, Quinoa Flakes, Flax Meal, Chia Seeds, Mesquite Powder, Coconut Butter, Unsweetened Coconut Milk, Rice Malt Syrup, Salt.

