

Hot Chocolate Mix with Cacao



The classic hot chocolate drink upgraded!

Pumpkin Spiced Muffins



Nothing says fall like pumpkin! And when baked into these gluten, dairy and nut-free muffins... you won't be able to stop at just one!

Spiced Zucchini Muffins



All the wonderfulness of fall baked into these gluten-free, nut-free Spiced Zucchini Muffins.

Chocolate Zucchini Muffins



All the goodness of chocolate zucchini muffins, without the guilt!

Key Lime Pie



This key lime pie recipe is the perfect summer treat – without

the guilt!

Lemon Blueberry Coconut Muffins



These lemon blueberry coconut muffins are gluten-free, nut-free, dairy-free and taste AMAZING!!

Carrot Cake Muffins with Cashew Cream Cheese Icing



These carrot cake muffins with cashew cream cheese icing so are so good, no one will ever know they are gluten, dairy and refined sugar-free!!

Gluten-Free Ginger Cookie



Everyone loves a good ginger cookie. This variation will have even the gluten eaters coming back for more!

Sourdough Cinnamon Buns



A wonderful, “almost” healthy variation to the traditional cinnamon bun that the entire family will love!