



BAKED ITEMS

	Ingredients	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Added sugar (g)	Total fat (g)	Saturated fat (g)	Fibre (g)	Sodium (mg)
Almond & orange florentines	Almonds (tree nuts), icing sugar, egg white (egg), orange zest, canola oil	448	107	3	6	5	7.3	1	1.4	5.3
Almond macaroons	Caster sugar, almond meal (tree nuts), almonds (tree nuts), dark chocolate (soy), egg white (egg), almond extract	374	89	2	9	8	5	1	1	3
Beetroot brownies (~52g)	Coconut oil, brown sugar, dark chocolate (soy), beetroot, self-raising flour (gluten), egg (egg), salt	956	229	1.5	22.9	16.8	14.4	11.37	0.4	137
Carrot & quinoa cake	Pineapple, carrot, brown sugar, self-raising flour (wheat, gluten), egg (egg), quinoa, canola oil, low fat cream cheese (milk), date, orange zest, vanilla essence, cinnamon, mixed spice	1155	288	4.4	38	11.6	12.5	2.7	0.8	228
Carrot balls	Peanut butter (peanuts), oats (gluten), honey, carrot, raisins, pecan nuts (tree nuts), flaxseeds, vanilla, cinnamon, ground ginger, nutmeg, cloves	472	112	3	10.6	3.8	5.8	10	1.7	38.3
Chickpea balls (~21g)	Chickpea flour, butter (milk), honey, almonds (tree nuts), cardamom, nutmeg	395	95	1.1	~5.6		7.5			
Chocolate delites	Brown sugar, water, dark chocolate (soy), eggs, wholemeal flour (wheat, gluten), cocoa powder, almond meal (tree nuts), eggs (egg), coffee	733	175	4	27	22	5	2	1	61
Chocolate peanut butter & quinoa balls	Quinoa, honey, peanut butter (peanuts), coconut, oats (gluten), chocolate (soy), sesame seeds	375	89	2	8.9	4.8	5	4.8	1.2	21.5



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Cinnamon lace cookies (~16g)	Gluten free flour, almond flour (tree nuts), sugar, butter (milk), orange zest, dark chocolate (soy), cinnamon	406	97	1.5	7.9		6.4			
Coconut chocolate bombs	Coconut, coconut milk lite, dark chocolate (soy), coconut oil, vanilla essence	682	162	1.4	7.6	5.9	13	10.9	2.2	11.6
Date & oat cookies	Oats (gluten), brown sugar, sunflower oil, dates/raisins, flour (wheat, gluten), egg whites (egg), vanilla essence	593	141	1.5	18.8	10.4	6.3	0.8	0.9	8.4
Date bites (~33.5g)	Dates, almonds (tree nuts), rolled oats (gluten), coconut, sunflower seeds, cranberries, honey, cinnamon, salt, nutmeg	484	115	2.9	9.9		6.3			
Espresso balls (~17g)	Dates, oats (gluten), coconut, cocoa, coconut oil, espresso, cardamom seeds	143	34	0.4	5.1		1.1			
Flourless spanish citrus almond cake	Almonds (tree nuts), eggs (eggs), castor sugar, almond essence (tree nuts), orange zest, lemon zest, icing sugar	1518	361	12.3	22	18.7	23.4	3	4.1	51
Gluten free shortbread	Gluten-free flour, butter (milk), icing sugar, baking powder, orange zest, lemon zest, lime zest	543	129	1	15.7	5	6.7	3.9	0.6	80



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Health muffins	Wheat bran (wheat, gluten), low fat yoghurt (milk), whole wheat flour (wheat, gluten), apple, butternut, egg (egg), canola oil, raisins, dates, pecan nuts (tree nuts), brown sugar, bicarb of soda	1356	323	8.5	35.6	4	13.9	1.8	5.4	36
Key Lime pie balls	Dates, cashew nuts (tree nuts), coconut, lime juice, lime zest, salt	362	86	1.6	5.2	0	6.1	3	1.4	62
Mango balls	Dates, mango, cashew nuts (tree nuts), coconut, salt, lime zest	301	72	1.3	7.4	0	3.5	1.2	1.3	49.1
Mini "Healthier" cheesecakes (gluten-free)	Low fat yoghurt (milk), creamed cottage cheese (milk), gluten free oats, egg (egg), date syrup, soft brown sugar, cornflour, olive oil, vanilla essence, lemon zest, mixed spice, mint	684	163.64	5.6	14.3	2.4	9.7	5.34	1.1	96
No bake energy bites (~32g)	Oats (gluten), raisins, peanut butter (peanuts), sunflower seeds, honey, milk powder (milk), vanilla	608	145	4.4	15		6.5			
Pistachio chocolate torte (gluten-free)	Almonds (treenuts), dark chocolate (soy), unsalted butter (milk), castor sugar, egg (egg), pistachio (treenuts), dried fig, cornflour, cream of tartar	615	146	3	11	9	10	4	1	11
Vegan breakfast discs	Whole wheat flour (wheat, gluten), carrots, oats (gluten), millet, coconut oil, syrup, dates, salt, ginger, cinnamon, baking powder	1149	274	4.6	36.7	10.7	10.1	7.5	4.2	111
White chocolate almond cupcakes	White chocolate (milk), cream cheese (milk), almonds (tree nuts), sugar, eggs (egg), corn flour, icing sugar, berries, baking powder, salt	994	238	6.9	19.7	16.9	14.2	7	0.9	221