

Healthy Sampler



V Paximathi (Biscotti)

Ingredients: Unbleached flour, white whole wheat flour, oat flour, orange juice. avocado/olive oil, walnuts, sugar (or agave or maple syrup), ground flax seed, baking powder, cinnamon, vanilla or vanillin, baking soda Contains: Wheat, nuts





W Honey Dipped Date Cookie (Melomakarona)

Ingredients: Unbleached flour, white whole wheat flour, oat flour, avocado/olive oil, brandy/whiskey, orange juice, honey, walnuts, organic sugar (or agave or maple syrup), water, flax, cinnamon, orange zest, baking soda Contains: Wheat, nuts









Ingredients: One Degree Organic Foods GF Sprouted Rolled Oats, GF flour, brown sugar, tahini, orange juice or water, Lily's dark chocolate baking chips [Unsweetened cocoa, erythritol,inulin, organic soy lecithin, sunflower lecithin, vanilla extract, stevia extractl, organic raisins, cinnamon, salt, baking soda Contains: [Soy] Sesame





W Sweet Wine Twists

Ingredients: Unbleached flour, white whole wheat flour, oat flour, avocado/olive oil, sweet wine, sugar, baking powder, cinnamon, baking soda Contains: Wheat



Living & Eating Healthy!



Vasiliki Tsigas-Fotinis, Ph.D., CFO # 186, Roxbury, NJ

This food is prepared pursuant to N.J.A.C. 8:24-11 in a home kitchen that has not been inspected by the Dept. of Health *** Containers made from PLA compostable plastic, derived from plants & returns to soil



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Thoney Dipped Date Cookie (Melomakarona)

Ingredients: Unbleached flour, white whole wheat flour, oat flour, avocado/olive oil, brandy/whiskey, orange juice, honey, walnuts, organic sugar (or agave or maple syrup), water, flax, cinnamon, orange zest, baking soda Contains: Wheat, nuts





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Ingredients: One Degree Organic Foods GF Sprouted Rolled Oats, GF flour, brown sugar, tahini, orange juice or water, Lily's dark chocolate baking chips [Unsweetened cocoa, erythritol,inulin, organic soy lecithin, sunflower lecithin, vanilla extract, stevia extract], organic raisins, cinnamon, salt, baking soda

Contains: [Soy] Sesame





W Sweet Wine Twists

Ingredients: Unbleached flour, white whole wheat flour, oat flour, avocado/olive oil, sweet wine, sugar, baking powder, cinnamon, baking soda Contains: Wheat



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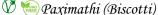
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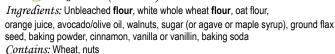
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W 👑 Honey Dipped Date Cookie (Melomakarona)

Ingredients: Unbleached flour, white whole wheat flour, oat flour, avocado/olive oil, brandy/whiskey, orange juice, honey, walnuts, organic sugar (or agave or maple syrup), water, flax, cinnamon, orange zest, baking soda Contains: Wheat, nuts







Oatmeal Cookies

Ingredients: One Degree Organic Foods GF Sprouted Rolled Oats, GF flour, brown sugar, tahini, orange juice and/or water, Lily's dark chocolate baking chips [Unsweetened cocoa, erythritol,inulin, organic soy lecithin, sunflower lecithin, vanilla extract, stevia extract], organic raisins, cinnamon, salt, baking soda

Contains: [Soy] Sesame





W Sweet Wine Twists

Ingredients: Unbleached flour, white whole wheat flour, oat flour, avocado/olive oil, sweet wine, sugar, baking powder, cinnamon, baking soda Contains: Wheat



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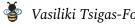
HEAL+thy Body, Soul & Earth

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Cottage Food Operator CFO #186 Roxbury, NJ



Vasiliki Tsigas-Fotinis, Ph.D.

May our learning never end and may our love for others weave community!



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Body, Soul

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