



## Healthy Sampler



### *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



### *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 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



### *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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