




HEAL+thy Body, Soul & Earth

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

Cottage Food Operator 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 Department of Health.



Paximathia (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, cognac/metaxa/brandy, 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, Gluten Free flour, brown sugar, **tahini**, orange juice or water, Lily's dark chocolate baking chips, organic raisins, cinnamon, salt, baking soda

Contains: [Soy] Sesame

Lily's dark chocolate baking chips: Unsweetened cocoa, erythritol, inulin, organic **soy** lecithin, sunflower lecithin, vanilla extract, stevia extract.



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!**





Pasta Flora

Ingredients: Unbleached **flour**, brandy, orange juice, marmalade, sugar or agave, baking powder, lemon rin

Contains: Wheat



Baklava

Ingredients: Filo (**flour** & water), **walnuts**, water, organic sugar, coconut or avocado oil, lemon juice and rin, orange juice and rin, cinnamon, cloves

Contains: Wheat, nuts

Filo: Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, Mononitrate, riboflavin, folic acid), Water, Topeca starch, malted barley flour, expeller-pressed canola oil and/or sunflower oil, salt, preservatives (potassium sorbate, calcium propionate, citric acid), Canola lecithin, tricalcium phosphate.