

WHEAT ITEM STORAGE GUIDE

BREAD	<i>Line an airtight storage container with paper towels. Place bread/cake in the container, on top of the paper towels. Place an additional paper towel layer on top of the bread/cake. Cover and refrigerate.</i>
MUFFINS	<i>Individually wrap them in plastic, then place them in a ziplock bag and freeze for up to 7 days</i>
CUPCAKES	<i>To Reheat, Let thaw at room temperature or rewarm gently in the microwave.</i>
CAKES	<i>Put in a ziplock or airtight container and store in the freezer. To Reheat, Let thaw at room temperature or rewarm gently in the microwave.</i>
PASTRIES	<i>Put in a ziplock or airtight container and store in the freezer. To Reheat, Let thaw at room temperature or rewarm gently in the microwave.</i>
COOKIES & BISCOTTI	<i>Don't store cookies in the refrigerator. Store in the cupboard on counter. Make sure it is sealed. Can last up to 10 days.</i>

WHEAT / SPELT FLOUR ITEMS	INGREDIENTS	PRICES <i>(Subject to change)</i>
BANANA BREAD (ORIGINAL) - vegan	Organic unbromated whole wheat flour, oat meal, mixed seed flour, date sugar, flax seed, natural applesauce .	N4500
CHOCOLATE CHIP BANANA BREAD- vegan	Organic unbromated whole wheat flour, oat meal, mixed seed flour, date sugar, flax seed, natural applesauce and dark chocolate chips	N5500
NAAN BREAD- vegan	Pea protein, spelt flour, oat, flax meal, coconut yogurt, garlic, ginger seasoning, sea salt and yeast.	N4500 (10\o
CAKES & CUPCAKE (Vegan and non vegan)	Organic unbromated whole wheat flour, mixed seed flour, date sugar, vegan butter or coconut oil	Whatsapp us
VEGAN SAUSAGE ROLL (5)- vegan	Organic unbromated whole wheat flour, oat meal, mixed seed flour, sesame seed, flax seed, and vegan butter. Filling - soya, mushroom and lentils	N5500

VEGAN MUSHROOM PIE - vegan (5)	Organic unbromated whole wheat flour, oat meal, mixed seed flour, flax seed, and vegan butter. Filling - Mushroom and vegetables	N5500
VEGAN MEATLESS PIE - vegan (6)	Organic unbromated whole wheat flour, oat meal, mixed seed flour, sesame seed, flax seed, and vegan butter. Filling - Soya and vegetables	N5500
CHICKEN PIE (SKINNY PIE) - non vegan (5)	Organic unbromated whole wheat flour, oat meal, mixed seed flour, sesame seed, flax seed, and vegan butter. Filling - chicken breast and vegetables	N5500
OAT CINNAMON COOKIE - vegan (4)	Rolled oat, oat flour, sunflower seed, pumpkin seed, flaxseed, hemp seed, date powder, coconut sugar, applesauce, cinnamon and vegan butter	N2000
COCONUT OAT COOKIES - vegan (3)	Rolled oat, oat flour, sugar free coconut, sunflower seed, pumpkin seed, flaxseed, hemp seed, date powder, coconut sugar, applesauce and vegan butter	N2000
BROWNIE - vegan	Organic unbromated whole wheat flour, oat meal, mixed seed flour, date sugar, flax seed, natural applesauce .	N5000
PANCAKE / WAFFLE (Vegan and non vegan)	Oat meal, Organic unbromated whole wheat flour, pea protein, mixed seed flour, date sugar and flax seed	N3500
MUFFIN (Vegan and non vegan) (6)	Oat meal, Organic unbromated whole wheat flour, pea protein, mixed seed flour, date sugar and flax seed	N8000

GLUTEN FREE STORAGE GUIDE

BREAD & BUNS	<p><i>Gluten-free bread refreezes best. Bring it out and allow to thaw before eating.</i></p> <p><i>It is naturally crumbly and dry, so it refreezes better than other bread to retain freshness. Individually wrap them in plastic, then place them in a ziplock bag and freeze for up to 5 days</i></p> <p><i>To Reheat, Let thaw at room temperature or rewarm gently in the microwave.</i></p>
MUFFINS, CUPCAKES & CAKES	<p><i>Line an airtight storage container with paper towels. Place muffins/cupcakes in the container, on top of the paper towels. Place an additional paper towel layer on top of the muffins/cupcake. Cover and refrigerate.</i></p> <p><i>Individually wrap them in plastic, then place them in a ziplock bag and freeze for up to 7 days</i></p> <p><i>To Reheat, Let thaw at room temperature or rewarm gently in the microwave.</i></p>
PASTRIES	<p><i>Don't store in the refrigerator or freezer as it alters the texture into a crumble. Eat fresh !!!</i></p>
COOKIES & BISCOTTI & CHINCHIN	<p><i>Don't store cookies in the refrigerator. Store in the cupboard on counter. Make sure it is sealed. Can last up to 10 days.</i></p>

ITEMS - GLUTEN FREE	INGREDIENTS	PRICES <i>(Subject to change)</i>
BANANA BREAD (ORIGINAL)	Flour blend - rice, tapioca, potato, pea, buckwheat, eggs, olive oil, fresh banana and date sugar	N5000
CHOCOLATE CHIP BANANA BREAD	Flour blend - rice, tapioca, potato, pea, buckwheat, eggs, olive oil, fresh banana, date sugar and dark chocolate chips	N6000
PLAIN YEAST BREAD	Flour blend - rice, tapioca, potato, pea, eggs, olive oil, yeast and water	N5000

SEEDED YEAST BREAD	Flour blend - rice, tapioca, potato, pea, pumpkin seed, flaxseed, sunflower seed, chia seed, eggs, olive oil, yeast and water	N7000
CAKES & CUPCAKES	Flour blend - rice, tapioca, potato, pea, buckwheat, eggs, olive oil, date and coconut sugar	Whatsapp us
NIGERIAN BUNS (20)	Flour blend - rice, tapioca, potato, pea, eggs, coconut milk and coconut sugar	N3500
BISCOTTI (4)	Flour blend - rice, tapioca, potato, pea, buckwheat, flax meal, almond flour, seed meal (pumpkin, sun flower), date and coconut sugar	N2500
CHINCHIN (100g)	Flour blend - rice, tapioca, potato, pea, buckwheat, eggs, vegan butter, date and coconut sugar	N1500
WAFFLE / PANCAKE	Flour blend - rice, tapioca, potato, pea, buckwheat, eggs, olive oil, date and coconut sugar	N4000
MUFFIN (6)	Flour blend - rice, tapioca, potato, pea, buckwheat, eggs, olive oil, date and coconut sugar	N8000 - N9000

KETO & PALEO ITEM STORAGE GUIDE

(Mainly baked with almond and coconut flour)

BREAD	<i>Line an airtight storage container with paper towels. Place bread/cake in the container, on top of the paper towels. Place an additional paper towel layer on top of the bread/cake. Cover and refrigerate.</i>
CUPCAKES	<i>Individually wrap them in plastic, then place them in a ziplock bag and freeze for up to 7 days</i>
CAKES	<i>To Reheat, Let thaw at room temperature or rewarm gently in the microwave.</i>
MUFFINS	<i>To Reheat, Let thaw at room temperature or rewarm gently in the microwave.</i>
PASTRIES	<i>Put in a ziplock or airtight container and store in the freezer. To Reheat, Let thaw at room temperature or rewarm gently in the microwave.</i>
COOKIES & BISCOTTI &	<i>Don't store cookies in the refrigerator. Store in the cupboard on counter. Make sure it is sealed. Can last up to 10 days.</i>

KETO & PALEO ITEMS GLUTEN FREE	INGREDIENTS	PRICES (Subject to change)
ALMOND CHOCOLATE CHIPS COOKIES (3)	Almond flour, coconut flour, vegan butter, erythritol, eggs and dark chocolate chips	N2000
WAFFLE	Almond flour, fresh banana, eggs, coconut milk, erythritol and olive oil	N4000
PANCAKES	Almond flour, fresh banana, eggs, coconut milk, erythritol and olive oil	N4000
CUPCAKES & CAKES	Almond flour, fresh banana, eggs, coconut milk, date sugar (or erythritol) and olive oil	Whatsapp us
MUFFINS (6)	Almond flour, eggs, coconut milk, erythritol and olive oil	N9000
ALMOND FLAX BREAD	Almond flour, coconut flour, coconut oil, eggs, flaxseed, chia seed, psyllium husks and water	N7000

COCONUT FLAX BREAD	Organic coconut flour, coconut oil, eggs, flaxseed, chia seed, psyllium husks and water	N6000
ALMOND BANANA BREAD	Almond flour, fresh banana, eggs, coconut milk, date sugar and olive oil	N7000