

# WHEAT ITEM STORAGE GUIDE

<b>BREAD MUFFINS CUPCAKES CAKES</b>	<p><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></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>
<b>PASTRIES</b>	<p><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></p>
<b>COOKIES &amp; BISCOTTI</b>	<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>

<b>WHEAT / SPELT FLOUR ITEMS</b>	<b>INGREDIENTS</b>	<b>PRICES (Subject to change)</b>
BANANA BREAD (ORIGINAL) - vegan	Organic unbromated whole wheat flour, oat meal, mixed seed flour, date sugar, flax seed, natural applesauce .	N5000
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	N7000
NAAN BREAD- vegan	Pea protein, spelt flour, oat, flax meal, coconut yogurt, garlic, ginger seasoning, sea salt and yeast.	N6000 (10)
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	N7000

VEGAN MUSHROOM PIE - vegan (5)	Organic unbromated whole wheat flour, oat meal, mixed seed flour, flax seed, and vegan butter. Filling - Mushroom and vegetables	N7000
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	N7000
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	N7000
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	N2500
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	N3000
BROWNIE - vegan	Organic unbromated whole wheat flour, oat meal, mixed seed flour, date sugar, flax seed, natural applesauce .	N6500
PANCAKE / WAFFLE (Vegan and non vegan)	Oat meal, Organic unbromated whole wheat flour, pea protein, mixed seed flour, date sugar and flax seed	N4500
MUFFIN (Vegan and non vegan) (6)	Oat meal, Organic unbromated whole wheat flour, pea protein, mixed seed flour, date sugar and flax seed	N9000
VEGAN BUNS (20)	Organic unbromated whole wheat flour, pea protein, mixed seed flour, date sugar, coconut milk, baking powder and flax seed	N4000

# GLUTEN FREE STORAGE GUIDE

<b>BREAD &amp; BUNS</b>	<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>
<b>MUFFINS, CUPCAKES &amp; CAKES</b>	<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>
<b>PASTRIES</b>	<p><i>Don't store in the refrigerator or freezer as it alters the texture into a crumble. Eat fresh !!!</i></p>
<b>COOKIES &amp; BISCOTTI &amp; CHINCHIN</b>	<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	N6000
CHOCOLATE CHIP BANANA BREAD	Flour blend - rice, tapioca, potato, pea, buckwheat, eggs, olive oil, fresh banana, date sugar and dark chocolate chips	N7000
PLAIN YEAST BREAD	Flour blend - rice, tapioca, potato, pea, eggs, olive oil, yeast and water	N6000

SEEDED YEAST BREAD	Flour blend - rice, tapioca, potato, pea, pumpkin seed, flaxseed, sunflower seed, chia seed, eggs, olive oil, yeast and water	N7500
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	N5000
BISCOTTI (4)	Flour blend - rice, tapioca, potato, pea, buckwheat, flax meal, almond flour, seed meal (pumpkin, sun flower), date and coconut sugar	N3000
CHINCHIN (100g)	Flour blend - rice, tapioca, potato, pea, buckwheat, eggs, vegan butter, date and coconut sugar	N2000
WAFFLE / PANCAKE	Flour blend - rice, tapioca, potato, pea, buckwheat, eggs, olive oil, date and coconut sugar	N4500
MUFFIN (6)	Flour blend - rice, tapioca, potato, pea, buckwheat, eggs, olive oil, date and coconut sugar	N10,000

# KETO & PALEO ITEM STORAGE GUIDE

*(Mainly baked with almond and coconut flour)*

<b>BREAD CUPCAKES CAKES MUFFINS</b>	<p><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></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>
<b>PASTRIES</b>	<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>
<b>COOKIES &amp; BISCOTTI &amp;</b>	<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>

<b>KETO &amp; PALEO ITEMS GLUTEN FREE</b>	<b>INGREDIENTS</b>	<b>PRICES (Subject to change)</b>
ALMOND CHOCOLATE CHIPS COOKIES (3)	Almond flour, coconut flour, vegan butter, erythritol, eggs and dark chocolate chips	N3000
WAFFLE	Almond flour, fresh banana, eggs, coconut milk, erythritol and olive oil	N4500
PANCAKES	Almond flour, fresh banana, eggs, coconut milk, erythritol and olive oil	N4500
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	N10,000
ALMOND FLAX BREAD	Almond flour, coconut flour, coconut oil, eggs, flaxseed, chia seed, psyllium husks and water	N9000

COCONUT FLAX BREAD	Organic coconut flour, coconut oil, eggs, flaxseed, chia seed, psyllium husks and water	N8500
ALMOND BANANA BREAD	Almond flour, fresh banana, eggs, coconut milk, date sugar and olive oil	N8000