

We've achieved  
**our goal:** Making  
delicious tasting  
products that don't  
actually taste Gluten  
Free/Vegan.

# Evolving KNEADS

a gluten-free • vegan bakery with taste

Made with **organic**  
**cane sugar** and  
other **high quality**  
**ingredients.**



Delivered **frozen**, our  
scrumptious desserts  
warm quickly and  
are **ready to enjoy in**  
**minutes.**





# chocolate LAVA CAKE

GLUTEN FREE • VEGAN

Nutrition Facts	
2 servings per container	
Serving size 1 Cake	133g
Amount Per Serving	
Calories	450
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 13g	63%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 66g	24%
Dietary Fiber 7g	26%
Total Sugars 37g	
Includes 25g Added Sugars	51%
Protein 5g	8%
Vitamin D 0mcg	0%
Calcium 40mg	%
Iron 5.6mg	30%
Potassium 400mg	%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**INGREDIENTS:** ORGANIC APPLE PUREE, DARK CHOCOLATE CHIPS DERIVED FROM SUSTAINABLY HARVESTED COCOA BEANS (UNSWEETENED CHOCOLATE, CANE SUGAR), ORGANIC CANE SUGAR, GLUTEN FREE FLOUR (GARBANZO BEAN FLOUR, TAPIOCA FLOUR, SORGHUM FLOUR, FAVA BEAN FLOUR, POTATO STARCH), VEGAN BUTTER, (HIGH OLEIC SUNFLOWER OIL, COCOA BUTTER, COCONUT CREAM (COCONUT EXTRACT, WATER), COCONUT OIL, NATURAL FLAVORS (DERIVED FROM FLAXSEED, OREGANO, AND PLUMS), SEA SALT, CULTURED DEXTROSE, SUNFLOWER LECITHIN, NUTRITIONAL YEAST, VEGAN LACTIC ACID, AQUAFABA (CHICKPEAS), VITAMIN A PALMITATE, VITAMIN D2, ANNATTO EXTRACT), COCOA POWDER, VANILLA EXTRACT, KOSHER SALT.

CONTAINS: COCONUT (TREE NUTS)



# baked skillet CHOCOLATE BROWNIE

GLUTEN FREE • VEGAN

Nutrition Facts	
10 servings per container	
Serving size	43.5g
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 14g Added Sugars	28%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 10mg	%
Iron 0.9mg	%
Potassium 90mg	%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**INGREDIENTS:** ORGANIC CANE SUGAR, GLUTEN FREE FLOUR (GARBANZO BEAN FLOUR, TAPIOCA FLOUR, SORGHUM FLOUR, FAVA BEAN FLOUR, POTATO STARCH), WATER, RICE BRAN OIL, COCOA POWDER, KOSHER SALT.



# baked skillet CHOCOLATE CHIP COOKIE

GLUTEN FREE • VEGAN

Nutrition Facts	
10 servings per container	
Serving size	34.5g
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 8g Added Sugars	16%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 110mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**INGREDIENTS:** SORGHUM FLOUR, ORGANIC CANE SUGAR, DARK CHOCOLATE CHIPS DERIVED FROM SUSTAINABLY HARVESTED COCOA BEANS (UNSWEETENED CHOCOLATE, CANE SUGAR), RICE BRAN OIL, BROWN SUGAR, WATER, VEGAN BUTTER, (HIGH OLEIC SUNFLOWER OIL, COCOA BUTTER, COCONUT CREAM (COCONUT EXTRACT, WATER), COCONUT OIL, NATURAL FLAVORS (DERIVED FROM FLAXSEED, OREGANO, AND PLUMS), SEA SALT, CULTURED DEXTROSE, SUNFLOWER LECITHIN, NUTRITIONAL YEAST, VEGAN LACTIC ACID, AQUAFABA (CHICKPEAS), VITAMIN A PALMITATE, VITAMIN D2, ANNATTO EXTRACT), VANILLA EXTRACT, ORGANIC FLAXSEED MEAL, XANTHAN GUM, SALT, BAKING SODA (SODIUM BICARBONATE), BAKING POWDER (CORN STARCH, SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE). | CONTAINS: COCONUT



# baked skillet PEANUT BUTTER COOKIE

GLUTEN FREE • VEGAN

Nutrition Facts	
10 servings per container	
Serving size	36.75g
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	6%
Total Sugars 14g	
Includes 13g Added Sugars	26%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 20mg	%
Iron 0.6mg	4%
Potassium 160mg	%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**INGREDIENTS:** PEANUT BUTTER (DRY ROASTED PEANUTS, ORGANIC CANE SUGAR, SALT), BROWN SUGAR, GLUTEN FREE FLOUR (GARBANZO BEAN FLOUR, TAPIOCA FLOUR, SORGHUM FLOUR, FAVA BEAN FLOUR, POTATO STARCH), ORGANIC CANE SUGAR, WATER, ORGANIC FLAXSEED MEAL, VANILLA EXTRACT, BAKING SODA (SODIUM BICARBONATE), BAKING POWDER (CORN STARCH, SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE), KOSHER SALT.

CONTAINS: PEANUTS

