kinnikinnick®

30 YEARS OF SHARING

2021 Product CATALOGUE

Best things in life are free from™/MC

Kinnikinnick's Promise

GLUTEN • SOY • PEANUTS • DAIRY • NUTS
free from™

Crafting safe and scrumptious gluten-free baking since 1991, also *free from* dairy, nuts, peanuts and soy. Still family-owned, we're loved the world-over by those with celiac disease and on restricted diets.

Share the Best Things In Life with your family and friends, free from risk and worry.

CANADIAN CELIAC ASSOCIATION · GLUTEN-FREE · SANS GLUTEN · ASSOCIATION CANADIENNE DE LA MALADIE CŒLIAQUE ®/MD

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30 YEARS OF SHARING

2021 Product CATALOGUE

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Kinnikinnick Foods Inc. 10940-120 St. NW Edmonton Alberta, Canada T5H 3P7
Toll free: +1 (877) 503-4466 Kinnikinnick.com info@kinnikinnick.com
@KinnikinnickGF

GROCERY AISLE

COOKIES

We're proud to change lives, one cookie at a time: Ours have been the most popular gluten-free favourites for decades, bringing you return store visits from loyal customers & new ones, seeking scrumptious allergy-friendly snacks.

S'moreables® Graham Style Crackers

Nutrition Facts
Valeur nutritive
Serving Size 2 Crackers (32 g)
portion 2 craquelins (32 g)

Calories 150	% Daily Value* / % valeur quotidienne*
Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Carbohydrate / Glucides 24 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 130 mg	6 %
Potassium 75 mg	2 %
Calcium 30 mg	2 %
Iron / Fer 0.4 mg	2 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (brown sugar*, cane sugar, tapioca syrup, molasses*), Pea starch, Non-hydrogenated shortening (palm oil, modified palm oil)†, Brown rice flour, Potato starch*, Sweet rice flour, Tapioca starch, Water, Rice bran, Salt, Sodium bicarbonate, Pea protein, Natural flavour, Pea fibre, Inulin, Sunflower lecithin, Mono calcium phosphate, Modified cellulose, Guar gum.
May contain: Egg
*Not a product of genetic engineering
†RSPO Certified
INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00309 1

NET WT **220**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan
NON GMO Project VERIFIED nongmoproject.org

Vanilla Wafers

Nutrition Facts
Valeur nutritive
Serving Size 8 Cookies (36 g)
portion 8 biscuits (36 g)

Calories 160	% Daily Value* / % valeur quotidienne*
Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Carbohydrate / Glucides 27 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 130 mg	6 %
Potassium 20 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0 mg	0 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, tapioca syrup), **Egg whites**, White rice flour, Potato starch*, Non-hydrogenated shortening (palm oil, modified palm oil)†, Pea starch, Tapioca starch, Cellulose, Water, Natural flavours, Salt, Baking powder, Modified cellulose, Sunflower lecithin, Beta-carotene.
*Not a product of genetic engineering
†RSPO Certified
INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00325 1

NET WT **180**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Montanas Chocolate Chip

Nutrition Facts
Valeur nutritive
Serving Size 4 Cookies (33 g)
portion 4 biscuits (33 g)

Calories 160	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 3.5 g + Trans / trans 0 g	18 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 160 mg	7 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 1.25 mg	7 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (brown sugar*, cane sugar, dextrose*), Chocolate chips (sugar*, cocoa mass, cocoa butter, sunflower lecithin, natural flavour), Pea starch, Palm oil†, Rice flour, Water, Potato starch*, Pea protein, Natural flavour, Salt, Canola oil*, Baking powder, Modified cellulose, Sunflower lecithin, Pea fibre.
May contain: Egg
*Not a product of genetic engineering
†RSPO Certified
INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00321 3

NET WT **220**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.25"W 2.25"D
Shelf Life: 365 days

Vegan

Ginger Snap

Nutrition Facts
Valeur nutritive
Serving Size 4 Cookies (32 g)
portion 4 biscuits (32 g)

Calories 150	% Daily Value* / % valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	7 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 10 mg	
Sodium 150 mg	7 %
Potassium 50 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.75 mg	4 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, molasses*), White rice flour, Non-hydrogenated shortening (palm oil, modified palm oil)†, Potato starch*, **Whole eggs**, Tapioca starch, Water, Ginger, Salt, Cinnamon, Modified cellulose, Sodium bicarbonate, Allspice.
*Not a product of genetic engineering
†RSPO Certified
INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00307 7

NET WT **190**g
Pack: 6 per case
Unit Dim.: 8.25"H 5.25"W 2.25"D
Shelf Life: 240 days

KinniTOOS® Chocolate Sandwich Crème

Nutrition Facts
Valeur nutritive
Serving Size 3 Cookies (37 g)
portion 3 biscuits (37 g)

Calories 180	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 3.5 g + Trans / trans 0 g	18 %
Carbohydrate / Glucides 27 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 110 mg	5 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 1.25 mg	7 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, tapioca syrup), Non-hydrogenated shortening (palm oil, modified palm oil)†, Pea starch, Potato starch*, White rice flour, Cocoa powder, Tapioca starch, Water, Pea protein, Salt, Natural flavour, Pea fibre, Sunflower lecithin, Inulin, Sodium bicarbonate, Modified cellulose.
May contain: Egg
*Not a product of genetic engineering
†RSPO Certified
INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00364 0

NET WT **220**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan NON GMO Project VERIFIED nongmoproject.org

KinniTOOS® Vanilla Sandwich Crème

Nutrition Facts
Valeur nutritive
Serving Size 3 Cookies (37 g)
portion 3 biscuits (37 g)

Calories 180	% Daily Value* / % valeur quotidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 3.5 g + Trans / trans 0 g	18 %
Carbohydrate / Glucides 28 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 0.5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 60 mg	3 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0 mg	0 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, tapioca syrup), Non-hydrogenated shortening (palm oil, modified palm oil)†, Pea starch, White rice flour, Potato starch*, Tapioca starch, Water, Pea protein, Salt, Sunflower lecithin, Natural flavour, Pea fibre, Inulin, Sodium bicarbonate, Modified cellulose, Beta-carotene.
May contain: Egg
*Not a product of genetic engineering
†RSPO Certified
INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00362 6

NET WT **220**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan NON GMO Project VERIFIED nongmoproject.org

KinniTOOS® Fudge Sandwich Crème

Nutrition Facts
Valeur nutritive
Serving Size 3 Cookies (37 g)
portion 3 biscuits (37 g)

Calories 180	% Daily Value* / % valeur quotidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 4 g + Trans / trans 0 g	20 %
Carbohydrate / Glucides 27 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 65 mg	3 %
Potassium 100 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 1 mg	6 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, tapioca syrup), Non-hydrogenated shortening (palm oil, modified palm oil)†, Pea starch, White rice flour, Potato starch*, Cocoa powder, Tapioca starch, Water, Pea protein, Salt, Sunflower lecithin, Natural flavour, Pea fibre, Inulin, Sodium bicarbonate, Modified cellulose.
May contain: Egg
*Not a product of genetic engineering
†RSPO Certified
INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00367 1

NET WT **220**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

KinniKritters® Chocolate Animal

Nutrition Facts
Valeur nutritive
Serving Size 12 Cookies (30 g)
portion 12 biscuits (30 g)

Calories 140	% Daily Value* / % valeur quotidienne*
Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 100 mg	4 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 0.75 mg	4 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, tapioca syrup), Pea starch, Potato starch*, Non-hydrogenated shortening (palm oil, modified palm oil)†, White rice flour, Water, Tapioca starch, Cocoa powder, Pea protein, Modified cellulose, Salt, Natural flavour, Pea fibre, Inulin, Sunflower lecithin, Sodium bicarbonate.

May contain: Egg

*Not a product of genetic engineering

†RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00349 7

NET WT **220**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

KinniKritters® Graham Style Animal

Nutrition Facts
Valeur nutritive
Serving Size 12 Cookies (30 g)
portion 12 biscuits (30 g)

Calories 140	% Daily Value* / % valeur quotidienne*
Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 125 mg	5 %
Potassium 75 mg	2 %
Calcium 30 mg	2 %
Iron / Fer 0.4 mg	2 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (brown sugar*, cane sugar, tapioca syrup, molasses*), Pea starch, Non-hydrogenated shortening (palm oil, modified palm oil)†, Brown rice flour, Potato starch*, Sweet rice flour, Tapioca starch, Water, Rice bran, Salt, Sodium bicarbonate, Pea protein, Natural flavour, Pea fibre, Inulin, Sunflower lecithin, Mono calcium phosphate, Modified cellulose, Guar gum.

May contain: Egg

*Not a product of genetic engineering

†RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00359 6

NET WT **220**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

KinniKritters® Vanilla Animal

Nutrition Facts
Valeur nutritive
Serving Size 12 Cookies (30 g)
portion 12 biscuits (30 g)

Calories 140	% Daily Value* / % valeur quotidienne*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 2 g + Trans / trans 0 g	10 %
Carbohydrate / Glucides 24 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 85 mg	4 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, tapioca syrup), Pea starch, Potato starch*, Non-hydrogenated shortening (palm oil, modified palm oil)†, White rice flour, Tapioca starch, Water, Pea protein, Salt, Pea fibre, Natural flavour, Modified cellulose, Inulin, Sodium bicarbonate, Sunflower lecithin, Beta-carotene.

May contain: Egg

*Not a product of genetic engineering

†RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00361 9

NET WT **220**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

NON GMO Project VERIFIED nongmoproject.org

Best things in life are free from™/MC

Produced in a dedicated facility *free from* gluten, wheat, dairy, peanuts, tree nuts and soy.

Gluten-free has never tasted so good®™

GROCERY AISLE

MIXES

Baked for sharing, our mixes are so good most people can't tell they're gluten-free. Pancake & Waffle Mix is a must-have, because families love it, allergic or not. Rachel Ray's Magazine tried 'em all and voted ours the best on the market.

Pancake & Waffle

Nutrition Facts
Valeur nutritive
Serving Size 1/3 Cup (40 g)
portion 1/3 tasse (40 g)

Calories 140	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 33 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 480 mg	21 %
Potassium 100 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 0.2 mg	1 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Pea starch, White rice flour, Sugars (cane sugar, dextrose*), Tapioca starch, Chickpea flour, Baking powder, Inulin, Pea protein, Corn starch*, Pea fibre, Salt, Cream of tartar, Sodium bicarbonate, Modified cellulose, Natural flavour.
May contain: Egg
*Not a product of genetic engineering
INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 10512 2

NET WT **454g**
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

Angel Food Cake

Nutrition Facts
Valeur nutritive
Serving Size 3 tbsp (45 g)
portion 3 c. à soupe (45 g)

Calories 170	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 42 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 28 g	28 %
Protein / Protéines 0.3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 25 mg	1 %
Potassium 100 mg	2 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Cane sugar, Potato starch*, White rice flour, Cream of tartar, Salt.
May contain: Egg
*Not a product of genetic engineering

6 20133 10409 5

NET WT **450g**
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Chocolate Cake

Nutrition Facts
Valeur nutritive
Serving Size 3 tbsp (33 g)
portion 3 c. à soupe (33 g)

Calories 120	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 1 g	1 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Carbohydrate / Glucides 28 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 16 g	16 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 280 mg	12 %
Potassium 125 mg	3 %
Calcium 10 mg	1 %
Iron / Fer 1.25 mg	7 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Cane sugar, Potato starch*, White rice flour, Cocoa powder, Sweet rice flour, Baking powder, Salt, Pea protein, Sodium bicarbonate, Modified cellulose, Pea starch.
May contain: Egg
*Not a product of genetic engineering

6 20133 10402 6

NET WT **500g**
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

White Cake

Nutrition Facts
Valeur nutritive
Serving Size 3 tbsp (33 g)
portion 3 c. à soupe (33 g)

Calories 120	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 29 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 15 g	15 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 410 mg	18 %
Potassium 10 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Cane sugar, Potato starch*, White rice flour, Sweet rice flour, Baking powder, Salt, Pea protein, Sodium bicarbonate, Modified cellulose, Pea starch.
May contain: Egg
*Not a product of genetic engineering

6 20133 10404 0

NET WT **500g**
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

All Purpose Flour Blend

Nutrition Facts
Valeur nutritive
Serving Size 3 tbsp (30 g)
portion 3 c. à soupe (30 g)

Calories 100	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 25 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 15 mg	1 %
Potassium 20 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0 mg	0 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: White rice flour, Potato starch*, Tapioca starch, Guar gum, Modified cellulose.
May contain: Egg
*Not a product of genetic engineering
INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 10524 5

NET WT **454g**
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

Sugar Cookie

Nutrition Facts
Valeur nutritive
Serving Size 3 tbsp (30 g)
portion 3 c. à soupe (30 g)

Calories 110	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 0.2 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 24 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 140 mg	6 %
Potassium 22 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: White rice flour, Cane sugar, Tapioca starch, Pea protein, Xanthan gum*, Baking powder, Sodium bicarbonate, Salt.
May contain: Egg
*Not a product of genetic engineering
INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 90004 8

NET WT **454g**
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

Best things in life are free from™/MC

Produced in a dedicated facility *free from* gluten, wheat, dairy, peanuts, tree nuts and soy.

Gluten-free has never tasted so good®

GROCERY AISLE

BAKING PRODUCTS

We get accolades for these, even from those who can eat gluten. Free from the Top 8 allergens and vegan too.

Graham & Chocolate Crumbs are the perfect pantry addition for making cookies and desserts.

There's no crispier, browns-better gluten-free Panko on the market. A seasonal favourite at Christmas and Easter, year-round for Mac 'n Cheese and au gratin dishes.

Panko Style Bread Crumbs

Nutrition Facts
Valeur nutritive
Serving Size 1/4 cup (30 g)
portion 1/4 tasse (30 g)

Calories 120	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 24 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 160 mg	7 %
Potassium 20 mg	0 %
Calcium 50 mg	4 %
Iron / Fer 0.5 mg	3 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Pea starch, Water, Tapioca starch, White rice flour, Pea protein, Canola oil*, Sugars (Dextrose*), Baking powder, Pea fibre, Salt, Modified cellulose.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 60015 3

NET WT **350**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 240 days

Vegan

Graham Style Cracker Crumbs

Nutrition Facts
Valeur nutritive
Serving Size 1/4 Cup (30 g)
portion 1/4 tasse (30 g)

Calories 140	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 120 mg	5 %
Potassium 65 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.4 mg	2 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (brown sugar*, cane sugar, tapioca syrup, molasses*), Pea starch, Non-hydrogenated shortening (palm oil, modified palm oil)†, Brown rice flour, Potato starch*, Sweet rice flour, Tapioca starch, Water, Rice bran, Salt, Sodium bicarbonate, Pea protein, Natural flavour, Pea fibre, Inulin, Sunflower lecithin, Mono calcium phosphate, Modified cellulose, Guar gum.

May contain: Egg

*Not a product of genetic engineering

†RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00434 0

NET WT **300**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

Chocolate Cookie Crumbs

Nutrition Facts
Valeur nutritive
Serving Size 1/4 Cup (30 g)
portion 1/4 tasse (30 g)

Calories 140	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 6 g	7 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Carbohydrate / Glucides 22 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 130 mg	6 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 1 mg	6 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, tapioca syrup), Pea starch, Non-hydrogenated shortening (palm oil, modified palm oil)†, Potato starch*, White rice flour, Cocoa powder, Water, Tapioca starch, Pea protein, Salt, Pea fibre, Natural flavour, Inulin, Sodium bicarbonate, Sunflower lecithin, Modified cellulose.

May contain: Egg

*Not a product of genetic engineering

†RSPO Certified

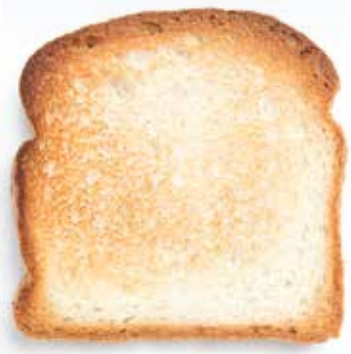
INSTRUCTIONS: Store in a sealed container in a cool, dry place.

6 20133 00435 7

NET WT **300**g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

FREEZER BREADS



Free from the Top 8 allergens, super soft, scrumptious and safe for anyone, including the vegan market. Our most popular, White and Multigrain, are a must in any freezer set dedicated to repeat purchasers.

White

Nutrition Facts
Valeur nutritive
Serving Size 2 Slices (57 g)
portion 2 tranches (57 g)

Calories 140	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 30 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 320 mg	14 %
Potassium 30 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.75 mg	4 %
Thiamine 0.075 mg	6 %
Riboflavin / Riboflavine 0.075 mg	6 %
Niacin / Niacine 1.5 mg	9 %
Folate 30 mcg	8 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, brown rice flour, rice starch), Water, Sugars (cane sugar, dextrose*), Canola oil*, Modified cellulose, Psyllium, Salt, Yeast, Vinegar, Milled flaxseed, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (white rice flour, niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

6 20133 00044 1

NET WT **454**g
Pack: 6 per case
Unit Dim.: 8.25"H 4"W 4.5"D
Shelf Life: 240 days

KEEP FROZEN

CERTIFIED VEGECERT VEGAN

Multigrain

Nutrition Facts
Valeur nutritive
Serving Size 2 Slices (57 g)
portion 2 tranches (57 g)

Calories 150	% Daily Value* / % valeur quotidienne*
Fat / Lipides 3.5 g	5 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
Carbohydrate / Glucides 29 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 340 mg	15 %
Potassium 75 mg	2 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %
Thiamine 0.075 mg	6 %
Riboflavin / Riboflavine 0.075 mg	6 %
Niacin / Niacine 1.5 mg	9 %
Folate 30 mcg	8 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, Gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, rice starch, brown rice flour, teff flour), Sugars (cane sugar, dextrose*, molasses*), Canola oil*, Sunflower seeds, Quinoa, Flax seeds, Modified cellulose, Psyllium, Milled flaxseed, Salt, Yeast, Vinegar, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (white rice flour, niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

6 20133 00045 8

NET WT **454**g
Pack: 6 per case
Unit Dim.: 8.25"H 4"W 4.5"D
Shelf Life: 240 days

KEEP FROZEN

CERTIFIED VEGECERT VEGAN

Whole Grain

Nutrition Facts
Valeur nutritive
Serving Size 2 Slices (63 g)
portion 2 tranches (63 g)

Calories 160	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 33 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 360 mg	16 %
Potassium 50 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.75 mg	4 %
Thiamine 0.1 mg	8 %
Riboflavin / Riboflavine 0.1 mg	8 %
Niacin / Niacine 1.5 mg	9 %
Folate 35 mcg	9 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, rice starch, brown rice flour, teff flour), Water, Sugars (cane sugar, dextrose*, molasses*), Canola oil*, Modified cellulose, Psyllium, Salt, Yeast, Vinegar, Milled flaxseed, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (white rice flour, niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

6 20133 00076 2

NET WT **504**g
Pack: 6 per case
Unit Dim.: 8.25"H 4"W 4.5"D
Shelf Life: 240 days

KEEP FROZEN

CERTIFIED VEGECERT VEGAN

Cinnamon Raisin

Nutrition Facts
Valeur nutritive
Serving Size 2 Slices (70 g)
portion 2 tranches (70 g)

Calories 170	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 39 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 360 mg	16 %
Potassium 150 mg	3 %
Calcium 40 mg	3 %
Iron / Fer 1 mg	6 %
Thiamine 0.1 mg	8 %
Riboflavin / Riboflavine 0.1 mg	8 %
Niacin / Niacine 1.75 mg	11 %
Folate 40 mcg	10 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, Gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, brown rice flour, rice starch), Raisins, Sugars (cane sugar, dextrose*), Canola oil*, Modified cellulose, Psyllium, Salt, Yeast, Cinnamon, Cultured corn syrup solids*, Citric acid, Milled flaxseed, Vitamin and mineral blend (white rice flour, niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

6 20133 00080 9

NET WT **560**g
Pack: 6 per case
Unit Dim.: 8.25"H 4"W 4.5"D
Shelf Life: 240 days

KEEP FROZEN

CERTIFIED VEGECERT VEGAN

FREEZER BUNS

Ever-popular all year round, sales jump when everyone's filling up on road-trips, picnics, & eating outdoors. Make sure your shelves are stocked for hot summer sales.

Hamburger Buns

Nutrition Facts
Valeur nutritive
Serving Size 1 Bun (61 g)
portion 1 petit pain (61 g)

Calories 150	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 32 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 350 mg	15 %
Potassium 30 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.75 mg	4 %
Thiamine 0.1 mg	8 %
Riboflavin / Riboflavine 0.1 mg	8 %
Niacin / Niacine 1.5 mg	9 %
Folate 35 mcg	9 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, brown rice flour, rice starch), Water, Sugars (dextrose*, cane sugar), Canola oil*, Modified cellulose, Psyllium, Salt, Yeast, Vinegar, Milled flaxseed, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (white rice flour, niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

6 20133 00073 1

NET WT **245**g
Pack: 6 per case
Unit Dim.: 7"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

CERTIFIED VEGECERT VEGAN

Hotdog Buns

Nutrition Facts
Valeur nutritive
Serving Size 1 Bun (71 g)
portion 1 petit pain (71 g)

Calories 180	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0.2 g + Trans / trans 0 g	1 %
Carbohydrate / Glucides 38 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 400 mg	17 %
Potassium 40 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %
Thiamine 0.1 mg	8 %
Riboflavin / Riboflavine 0.1 mg	8 %
Niacin / Niacine 1.75 mg	11 %
Folate 40 mcg	10 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, brown rice flour, rice starch), Water, Sugars (dextrose*, cane sugar), Canola oil*, Modified cellulose, Psyllium, Salt, Yeast, Vinegar, Milled flaxseed, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (white rice flour, niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

6 20133 00074 8

NET WT **285**g
Pack: 6 per case
Unit Dim.: 6"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

CERTIFIED VEGECERT VEGAN

English Muffins

Nutrition Facts
Valeur nutritive
Serving Size 1 Bun (94 g)
portion 1 petit pain (94 g)

Calories 240	% Daily Value* / % valeur quotidienne*
Fat / Lipides 4 g	5 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
Carbohydrate / Glucides 47 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 360 mg	16 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 1 mg	6 %
Thiamine 0.35 mg	29 %
Riboflavin / Riboflavine 0.3 mg	23 %
Niacin / Niacine 3 mg	19 %
Folate 30 mcg	8 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, White rice flour, **Egg whites**, Tapioca starch, Potato starch*, Sugars (cane sugar, dextrose), Yeast, Canola oil*, Polydextrose, Modified cellulose, Salt, Pea protein, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid).

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

6 20133 00050 2

NET WT **375**g
Pack: 6 per case
Unit Dim.: 8"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

FREEZER BAGELS

The only gluten-free bagel baked true to the New York style, boiled first, just like the real 'thing'. Chewy crusts outside, super soft inside - yet totally spreadable. Free from top 8 allergens, yet so full of flavour.

Plain

Nutrition Facts
Valeur nutritive
Serving Size 1 Bagel (86 g)
portion 1 bagel (86 g)

Calories 240	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides 42 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 240 mg	10 %
Potassium 50 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 0.75 mg	4 %
Thiamine 0.1 mg	8 %
Riboflavin / Riboflavine 0.1 mg	8 %
Niacin / Niacine 1.5 mg	9 %
Folate 25 mcg	6 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, White rice flour, Potato starch*, Tapioca starch, Canola oil*, Cellulose, Corn starch*, Sugars (fructose*), Psyllium, Non-hydrogenated shortening (palm oil, modified palm oil)†, Modified cellulose, Yeast, Salt, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Enzymes.

May contain: Egg

*Not a product of genetic engineering

†RSPO Certified

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

6 20133 00170 7

NET WT **344**g
Pack: 6 per case
Unit Dim.: 7"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

Cinnamon Raisin

Nutrition Facts
Valeur nutritive
Serving Size 1 Bagel (88 g)
portion 1 bagel (88 g)

Calories 250	% Daily Value* / % valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides 47 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 210 mg	9 %
Potassium 150 mg	3 %
Calcium 50 mg	4 %
Iron / Fer 1.25 mg	7 %
Thiamine 0.125 mg	10 %
Riboflavin / Riboflavine 0.1 mg	8 %
Niacin / Niacine 1.5 mg	9 %
Folate 15 mcg	4 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, White rice flour, Potato starch*, Raisins, Tapioca starch, Canola oil*, Cellulose, Corn starch*, Sugars (fructose*), Psyllium, Non-hydrogenated shortening (palm oil, modified palm oil)†, Yeast, Modified cellulose, Cinnamon, Salt, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Enzymes.

May contain: Egg

*Not a product of genetic engineering

†RSPO Certified

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

6 20133 00171 4

NET WT **352**g
Pack: 6 per case
Unit Dim.: 7"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

Blueberry

Nutrition Facts
Valeur nutritive
Serving Size 1 Bagel (86 g)
portion 1 bagel (86 g)

Calories 240	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Carbohydrate / Glucides 47 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 250 mg	11 %
Potassium 50 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 1 mg	6 %
Thiamine 0.1 mg	8 %
Riboflavin / Riboflavine 0.125 mg	10 %
Niacin / Niacine 1.75 mg	11 %
Folate 20 mcg	5 %

* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, White rice flour, Potato starch*, Tapioca starch, Blueberries, Canola oil*, Cellulose, Corn starch*, Sugars (fructose*), Psyllium, Non-hydrogenated shortening (palm oil, modified palm oil)†, Natural flavour, Yeast, Modified cellulose, Salt, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Enzymes.

May contain: Egg

*Not a product of genetic engineering

†RSPO Certified

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

6 20133 00172 1

NET WT **344**g
Pack: 6 per case
Unit Dim.: 7"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

FREEZER DONUTS

North America's #1 top selling gluten-free donut. A must-have alongside muffins and waffles to complete the breakfast section—All perfect grab 'n go items too. Guaranteed to bring you customers as loyal to your store as they are to our brand.

Chocolate Dipped

Nutrition Facts
Valeur nutritive
Serving Size 1 Donut (53 g)
portion 1 beigne (53 g)

Calories 210	% Daily Value* / % valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Carbohydrate / Glucides 37 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 21 g	21 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 10 mg	
Sodium 190 mg	8 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.4 mg	2 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, sucrose*, corn syrup*, rice syrup, fruit juice), White rice flour, Tapioca starch, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, **Whole eggs**, Water, Oligofructose, Yeast, Pea protein, **Egg whites**, Xanthan gum*, Salt, Rice bran extract, Cellulose, Baking powder, Cocoa powder, Glucono delta lactone, Sodium bicarbonate, Nutmeg.
*Not a product of genetic engineering
†RSPO Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste and texture for 10-15 seconds on high.
CAUTION: Icing may be hot after warming.

6 20133 00224 7

NET WT **320**g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days

KEEP FROZEN

Cinnamon Sugar

Nutrition Facts
Valeur nutritive
Serving Size 1 Donut (45 g)
portion 1 beigne (45 g)

Calories 190	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Carbohydrate / Glucides 29 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 10 mg	
Sodium 200 mg	9 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, rice syrup, fruit juice), White rice flour, Tapioca starch, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, **Whole eggs**, Water, Oligofructose, Yeast, Pea protein, **Egg whites**, Xanthan gum*, Salt, Rice bran extract, Cellulose, Baking powder, Glucono delta lactone, Cinnamon, Sodium bicarbonate, Nutmeg.
*Not a product of genetic engineering
†RSPO Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste and texture for 10-15 seconds on high.
CAUTION: Icing may be hot after warming.

6 20133 00223 0

NET WT **270**g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days

KEEP FROZEN

Vanilla Glazed

Nutrition Facts
Valeur nutritive
Serving Size 1 Donut (53 g)
portion 1 beigne (53 g)

Calories 220	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Carbohydrate / Glucides 38 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 21 g	21 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 10 mg	
Sodium 170 mg	7 %
Potassium 30 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, sucrose*, corn syrup* rice syrup, fruit juice), White rice flour, Tapioca starch, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, **Whole eggs**, Water, Oligofructose, Yeast, Pea protein, **Egg whites**, Xanthan gum*, Salt, Rice bran extract, Cellulose, Baking powder, Glucono delta lactone, Sodium bicarbonate, Nutmeg, Natural flavour.
*Not a product of genetic engineering
†RSPO Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste and texture for 10-15 seconds on high.
CAUTION: Icing may be hot after warming.

6 20133 00220 9

NET WT **320**g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days

KEEP FROZEN

FREEZER CRUSTS

Maple Glazed

Nutrition Facts
Valeur nutritive
Serving Size 1 Donut (53 g)
portion 1 beigne (53 g)

Calories 210	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Carbohydrate / Glucides 37 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 19 g	19 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 15 mg	
Sodium 210 mg	9 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, sucrose*, corn syrup*, rice syrup, fruit juice), White rice flour, Tapioca starch, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, **Whole eggs**, Water, Oligofructose, Yeast, Pea protein, **Egg whites**, Xanthan gum*, Salt, Rice bran extract, Cellulose, Baking powder, Glucono delta lactone, Sodium bicarbonate, Natural flavour, Caramel.
*Not a product of genetic engineering
†RSPO Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste and texture for 10-15 seconds on high.
CAUTION: Icing may be hot after warming.

6 20133 00221 6

NET WT **320**g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days
KEEP FROZEN

CERTIFIED NSF GLUTEN-FREE

We blush with all the compliments we get for our tender, super-flaky Pie Crusts everyone loves. So easy to use. People who don't know they're gluten-free can't tell the difference.

Same goes for our pizzas & flatbreads. Everyone loves the taste, texture and how well they hold all those favourite toppings.

Pizza

Nutrition Facts
Valeur nutritive
Per ½ pizza crust (75 g)
pour ½ croûte à pizza (75 g)

Calories 230	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 3.5 g + Trans / trans 0 g	18 %
Carbohydrate / Glucides 39 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 440 mg	19 %
Potassium 100 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 0.75 mg	4 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, White rice flour, Potato starch*, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, Yeast, Cane sugar, Pea starch, Chickpea flour, Pea fibre, Modified cellulose, Salt, Psyllium, Sodium bicarbonate, Glucono delta lactone, Sodium acid pyrophosphate, Cultured corn syrup solids*, Citric acid.
May contain: Egg
*Not a product of genetic engineering
†RSPO Certified

6 20133 00559 0

NET WT **300**g
Pack: 6 per case
Unit Dim.: 7.5"H 7"W 2.25"D
Shelf Life: 240 days
KEEP FROZEN
Vegan

Flatbread

Nutrition Facts
Valeur nutritive
Per 1/2 flatbread (72 g)
pour 1/2 pain plat (72 g)

Calories 220	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Carbohydrate / Glucides 37 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 420 mg	18 %
Potassium 75 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 0.75 mg	4 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, White rice flour, Potato starch*, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, Yeast, Cane sugar, Pea starch, Chickpea flour, Pea fibre, Modified cellulose, Salt, Psyllium, Sodium bicarbonate, Glucono delta lactone, Sodium acid pyrophosphate, Cultured corn syrup solids*, Citric acid.
May contain: Egg
*Not a product of genetic engineering
†RSPO Certified

6 20133 00554 5

NET WT **288**g
Pack: 6 per case
Unit Dim.: 3"H 5"W 10"D
Shelf Life: 365 days
KEEP FROZEN
Vegan

Pie

Nutrition Facts
Valeur nutritive
Per 1/8 crust (24 g)
pour 1/8 croûte (24 g)

Calories 100	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 6 g	8 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Carbohydrate / Glucides 12 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 115 mg	5 %
Potassium 20 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: White rice flour, Non-hydrogenated shortening (palm oil)†, Water, Potato starch*, Tapioca starch, Cane sugar, Chickpea flour, Salt, Xanthan gum*, Modified cellulose.
May contain: Egg
*Not a product of genetic engineering
†RSPO Certified

6 20133 00599 6

NET WT **390**g
Pack: 6 per case
Unit Dim.: 9.5"H 9.5"W 1.75"D
Shelf Life: 240 days
KEEP FROZEN

CERTIFIED VEGECERT VEGAN

Tart Shells

Nutrition Facts
Valeur nutritive
Per 1 unbaked shell (20 g)
pour 1 croûte non cuite (20 g)

Calories 80	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Carbohydrate / Glucides 10 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 95 mg	4 %
Potassium 20 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: White rice flour, Non-hydrogenated shortening (palm oil)†, Water, Potato starch*, Tapioca starch, Cane sugar, Chickpea flour, Salt, Xanthan gum*, Modified cellulose.
May contain: Egg
*Not a product of genetic engineering
†RSPO Certified

6 20133 00598 9

NET WT **240**g
Pack: 8 per case
Unit Dim.: 2.87"H 3"W 6"D
Shelf Life: 365 days
KEEP FROZEN

Vegan

#freefrom Top 8 allergens

Vegan

FREEZER MUFFINS

Individually wrapped, these muffins are the perfect size for grab 'n go breakfast, snacks or lunch boxes. From catering to camping, allergy-aware customers love these ever-popular flavours.

Chocolate Chip

Nutrition Facts
Valeur nutritive
Per 1 muffin (62 g)
pour 1 muffin (62 g)

Calories 240	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 11 g	15 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Carbohydrate / Glucides 31 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 55 mg	
Sodium 180 mg	8 %
Potassium 50 mg	1 %
Calcium 38 mg	3 %
Iron / Fer 1.25 mg	7 %
Thiamine 0.05 mg	4 %
Riboflavin / Riboflavine 0.2 mg	15 %
Niacin / Niacine 1.25 mg	8 %
Folate 10 mcg	3 %

*5% or less is **a little**, 15% or more is **a lot** /
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, apple purée, tapioca syrup), **Whole eggs**, White rice flour, Chocolate chips (sugar, cocoa mass, cocoa butter, sunflower lecithin, natural flavour), Water, Canola oil*, Pea starch, Non-hydrogenated shortening (palm oil, modified palm oil)†, Baking powder, Corn starch*, Flax meal, Cellulose, Modified cellulose, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Sunflower lecithin, Enzymes, Natural flavour.
*Not a product of genetic engineering
†RSPO Certified

INSTRUCTIONS: Keep frozen. Thaw at room temperature or remove from packaging and warm in a microwave for 15-20 seconds. Enjoy!

6 20133 00255 1

NET WT **248**g
Pack: 6 per case
Unit Dim.: 6.75"H 6.75"W 2.375"D
Shelf Life: 365 days
KEEP FROZEN

Lemon Blueberry

Nutrition Facts
Valeur nutritive
Per 1 muffin (62 g)
pour 1 muffin (62 g)

Calories 190	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 6 g	8 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides 31 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 50 mg	
Sodium 180 mg	8 %
Potassium 40 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.5 mg	3 %
Thiamine 0.05 mg	4 %
Riboflavin / Riboflavine 0.2 mg	15 %
Niacin / Niacine 1.25 mg	8 %
Folate 10 mcg	3 %

*5% or less is **a little**, 15% or more is **a lot** /
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (cane sugar, tapioca syrup), **Whole eggs**, Blueberries, White rice flour, Pea starch, Water, Canola oil*, Glycerin, Baking powder, Corn starch*, Cellulose, Modified cellulose, Flax meal, Natural flavour, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Sunflower lecithin, Enzymes.
*Not a product of genetic engineering

INSTRUCTIONS: Keep frozen. Thaw at room temperature or remove from packaging and warm in a microwave for 15-20 seconds. Enjoy!

6 20133 00248 3

NET WT **248**g
Pack: 6 per case
Unit Dim.: 6.75"H 6.75"W 2.375"D
Shelf Life: 365 days
KEEP FROZEN

Quinoa Spice

Nutrition Facts
Valeur nutritive
Per 1 muffin (60 g)
pour 1 muffin (60 g)

Calories 190	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 7 g	9 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides 30 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 45 mg	
Sodium 170 mg	7 %
Potassium 75 mg	2 %
Calcium 40 mg	3 %
Iron / Fer 0.75 mg	4 %
Thiamine 0.10 mg	8 %
Riboflavin / Riboflavine 0.10 mg	8 %
Niacin / Niacine 1.5 mg	9 %
Folate 10 mcg	3 %

*5% or less is **a little**, 15% or more is **a lot** /
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Sugars (brown sugar*, apple purée, tapioca syrup), **Whole eggs**, Water, Brown rice flour, Canola oil*, Pea starch, Quinoa flakes, Glycerin, Corn starch*, Baking powder, Spices, Flax meal, Modified cellulose, Salt, Cellulose, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Sunflower lecithin, Enzymes, Natural flavour.
*Not a product of genetic engineering

INSTRUCTIONS: Keep frozen. Thaw at room temperature or remove from packaging and warm in a microwave for 15-20 seconds. Enjoy!

6 20133 00256 8

NET WT **240**g
Pack: 6 per case
Unit Dim.: 6.75"H 6.75"W 2.375"D
Shelf Life: 365 days
KEEP FROZEN

FREEZER WAFFLES

With a chewy outside and fluffy middle, these gems have a wonderful moist texture and really pleasant taste.

We blindfold-tested this New & Improved recipe against the best-selling gluten-free frozen waffle and a massive 78% said they preferred our new recipe. Impressive numbers to boost your sales.

Original Homestyle

Nutrition Facts
Valeur nutritive
Serving Size 2 waffles (74 g)
portion 2 gaufres (74 g)

Calories 210	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Carbohydrate / Glucides 38 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 410 mg	18 %
Potassium 150 mg	3 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %
Thiamine 0.25 mg	21 %
Riboflavin / Riboflavine 0.225 mg	17 %
Niacin / Niacine 3.5 mg	22 %
Folate 50 mcg	13 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, Brown rice flour, Potato starch*, Canola oil*, Sugars (cane sugar, brown sugar*, dextrose*), Tapioca starch, White rice flour, Cellulose, Corn starch*, Chickpea flour, Sodium bicarbonate, Mono calcium phosphate, Pea fibre, Cream of tartar, Sodium acid pyrophosphate, Salt, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Modified cellulose, Natural flavour.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Keep frozen until ready to heat. Heat waffles in toaster on lowest setting until crisp and warm.

6 20133 00195 0

NET WT **222**g
Pack: 12 per case
Unit Dim.: 4.4"H 9.25"W 2.25"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

Cinnamon Brown Sugar Homestyle

Nutrition Facts
Valeur nutritive
Serving Size 2 waffles (74 g)
portion 2 gaufres (74 g)

Calories 210	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Carbohydrate / Glucides 38 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 410 mg	18 %
Potassium 150 mg	3 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %
Thiamine 0.25 mg	21 %
Riboflavin / Riboflavine 0.225 mg	17 %
Niacin / Niacine 3.5 mg	22 %
Folate 50 mcg	13 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, Brown rice flour, Potato starch*, Canola oil*, Sugars (cane sugar, brown sugar*, dextrose*), Tapioca starch, White rice flour, Cellulose, Corn starch*, Chickpea flour, Sodium bicarbonate, Mono calcium phosphate, Pea fibre, Cinnamon, Cream of tartar, Sodium acid pyrophosphate, Salt, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Modified cellulose, Natural flavour.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Keep frozen until ready to heat. Heat waffles in toaster on lowest setting until crisp and warm.

6 20133 00196 7

NET WT **222**g
Pack: 12 per case
Unit Dim.: 4.4"H 9.25"W 2.25"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

Blueberry Homestyle

Nutrition Facts
Valeur nutritive
Serving Size 2 waffles (74 g)
portion 2 gaufres (74 g)

Calories 220	% Daily Value* / % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Carbohydrate / Glucides 39 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 410 mg	18 %
Potassium 150 mg	3 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %
Thiamine 0.30 mg	25 %
Riboflavin / Riboflavine 0.225 mg	17 %
Niacin / Niacine 3.5 mg	22 %
Folate 50 mcg	13 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, Brown rice flour, Potato starch*, Canola oil*, Sugars (cane sugar, brown sugar*, dextrose*), Tapioca starch, White rice flour, Blueberry pieces (blueberry and blackberry solids, sunflower oil, fruit juice [for colour]), Cellulose, Corn starch*, Chickpea flour, Natural flavour, Sodium bicarbonate, Mono calcium phosphate, Pea fibre, Cream of tartar, Sodium acid pyrophosphate, Salt, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Modified cellulose.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Keep frozen until ready to heat. Heat waffles in toaster on lowest setting until crisp and warm.

6 20133 00197 4

NET WT **222**g
Pack: 12 per case
Unit Dim.: 4.4"H 9.25"W 2.25"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

kinnikinnick®

30 YEARS OF SHARING

Safe and Scrumptious

since 1991

Kinnikinnick Foods has been **pioneering gluten-free and allergy-friendly foods since 1991.** That's three decades of brand loyalty and some of the most popular baked goodies on the market.

Our owners, the Bigam family, eat gluten-free and understand first-hand the need for guaranteed safe and scrumptious baked goodies. It's trust that has customers always coming back for more.

15,000+ stores in the US and Canada stock our brand, based on a stellar reputation built over the years. We operate two dedicated free from top-allergens bakeries, 150,000 sq ft in total – that's a couple of the biggest gluten-free bakeries in the world. We have over 160 staff.

Our **safety and supply chain protocols** are the most stringent in the business. Our in-house lab tests guarantee all products are **free from gluten, dairy, nuts, peanuts and soy.** Those allergies cover ten to thirteen percent of the US population. A market that grows daily **as allergies rise** and those affected actively seek out our specific niche products.

We're **proudly certified** by the GFCP, BRC Global, OU Kosher and Snack Safely.

All products are **free from GMO's**. Four have been approved by the Non-GMO Project, with more in the pipeline.

Given the **rise in vegetarian and vegan** diets we recently added VegeCert to our list of endorsements; please look for the logo on select packaging.

We're also **embracing trends to plant-based** eating by inventing new products free from egg as well as reformulating popular lines with improved egg-free recipes. With four senior food scientists on our team, we've got a **packed roster of innovation** lined up in new products for the coming year.

And because our customers know we genuinely care about their health, we're one of the only companies to **enrich our breads and buns with vitamins and minerals**; as well as **add fibre and protein** whenever possible.

All in all, when you're looking for gluten-free bakery products, Kinnikinnick is your **safest bet for guaranteed sales** because we're the only brand that truly understands why, for those on restricted diets, the Best Things In Life Are Free From.

Best things in life are free from GLUTEN • SOY • PEANUTS • DAIRY • NUTS ™