



2020
Product
CATALOGUE



Best things in life are free from™

Kinnikinnick's Promise

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.





2020
Product
CATALOGUE

GROCERY AISLE

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Ginger Snap
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KinniTOOS® Vanilla Sandwich Crème
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KinniKritters® Chocolate Animal
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Sugar Homestyle
Blueberry Homestyle



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Twitter Instagram Facebook Pinterest @KinnikinnickGF Product of Canada

GROCERY AISLE COOKIES



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

S'moreables® Graham Style Crackers



Nutrition Facts

About 7 servings per container
Serving size 2 crackers (32g)

Amount per serving	
Calories	150
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 70mg	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: Pea starch, non-hydrogenated shortening (palm oil)†, brown rice flour, potato starch*, brown sugar*, sweet rice flour, tapioca starch, water, cane sugar, tapioca syrup, rice bran, molasses*, salt, sodium bicarbonate, pea protein, natural flavor, pea fiber, inulin, sunflower lecithin, mono calcium phosphate, modified cellulose, guar gum.

May contain: Egg

*Not a product of genetic engineering

†RSPD Certified

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



NET WT 8 OZ. 220g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days



Vanilla Wafers



Nutrition Facts

About 5 servings per container
Serving size 8 wafers (36g)

Amount per serving	
Calories	160
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 20mg	0%

* 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: Cane sugar, egg whites, white rice flour, potato starch*, non-hydrogenated shortening (palm oil)†, pea starch, tapioca starch, cellulose, water, tapioca syrup, natural flavors, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), modified cellulose, sunflower lecithin, beta-carotene (color).

*Not a product of genetic engineering

†RSPD Certified

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

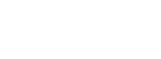


NET WT 6.3 OZ. 180g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days



Montanas Chocolate Chip



Nutrition Facts

About 7 servings per container
Serving size 4 cookies (33g)

Amount per serving	
Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.3mg	8%
Potassium 50mg	0%

* 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: Chocolate chips (sugar*, cocoa mass, cocoa butter, sunflower lecithin, natural flavor), pea starch, palm oil†, brown sugar*, rice flour, water, cane sugar, potato starch*, pea protein, dextrose*, natural flavor, salt, canola oil*, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), modified cellulose, sunflower lecithin, pea fiber.

May contain: Egg

*Not a product of genetic engineering

†RSPD Certified

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



NET WT 8 OZ. 220g

Pack: 6 per case

Unit Dim.: 7.5"H 5.25"W 2.25"D

Shelf Life: 365 days



Ginger Snap



Nutrition Facts

About 6 servings per container
Serving size 4 cookies (32g)

Amount per serving	
Calories	150
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 150mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	4%
Potassium 45mg	0%

* 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:

Cane sugar, white rice flour, non-hydrogenated shortening (palm oil)†, potato starch*, whole eggs, tapioca starch, molasses*, 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.



NET WT 7 OZ. 190g

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

About 6 servings per container
Serving size 3 cookies (37g)

Amount per serving	
Calories	180
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 12g Added Sugars	24%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.3mg	8%
Potassium 70mg	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:

Cane sugar, non-hydrogenated shortening (palm oil)†, pea starch, potato starch*, white rice flour, cocoa powder, tapioca starch, water, tapioca syrup, pea protein, salt, natural flavor, pea fiber, 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.



NET WT 8 OZ. 220g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days



KinniTOOS® Vanilla Sandwich Crème



Nutrition Facts

About 6 servings per container
Serving size 3 cookies (37g)

Amount per serving	
Calories	180
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 12g Added Sugars	24%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 10mg	0%

* 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:

Cane sugar, non-hydrogenated shortening (palm oil)†, pea starch, white rice flour, potato starch*, tapioca starch, water, tapioca syrup, pea protein, salt, sunflower lecithin, natural flavor, pea fiber, inulin, sodium bicarbonate, modified cellulose, beta-carotene [color].

May contain: Egg

*Not a product of genetic engineering

†RSPO Certified

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



NET WT 8 OZ. 220g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days



KinniTOOS® Fudge Sandwich Crème



Nutrition Facts

About 6 servings per container
Serving size 3 cookies (37g)

Amount per serving	
Calories	180
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 89mg	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:

Cane sugar, non-hydrogenated shortening (palm oil)†, pea starch, white rice flour, potato starch*, cocoa powder, tapioca starch, water, tapioca syrup, pea protein, salt, sunflower lecithin, natural flavor, pea fiber, 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.



NET WT 8 OZ. 220g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days



Kinnikritters® Chocolate Animal



Kinnikritters® Graham Style Animal



Kinnikritters® Vanilla Animal



Best things
in life are
free from™

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

Gluten-free
has never tasted
so good*

Nutrition Facts

About 7 servings per container
Serving size 12 cookies (30g)

Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 60mg	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: Cane sugar, pea starch, potato starch*, non-hydrogenated shortening (palm oil)†, white rice flour, water, tapioca starch, cocoa powder, tapioca syrup, pea protein, modified cellulose, salt, natural flavor, pea fiber, 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.

Nutrition Facts

About 7 servings per container
Serving size 12 cookies (30g)

Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 60mg	1%

* 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: Pea starch, non-hydrogenated shortening (palm oil)†, brown rice flour, potato starch*, brown sugar*, sweet rice flour, tapioca starch, water, cane sugar, tapioca syrup, rice bran, molasses*, salt, sodium bicarbonate, pea protein, natural flavor, pea fiber, 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.

Nutrition Facts

About 7 servings per container
Serving size 12 cookies (30g)

Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0mg	0%
Potassium 10mg	0%

* 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: Cane sugar, pea starch, potato starch*, non-hydrogenated shortening (palm oil)†, white rice flour, tapioca starch, water, tapioca syrup, pea protein, salt, pea fiber, natural flavor, modified cellulose, inulin, sodium bicarbonate, sunflower lecithin, beta-carotene (color).

May contain: Egg

*Not a product of genetic engineering

†RSPO Certified

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



NET WT 8 OZ. 220g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



NET WT 8 OZ. 220g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



NET WT 8 OZ. 220g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



GROCERY AISLE MIXES

Pancake & Waffle



Nutrition Facts

About 11 servings per container
Serving size 1/3 cup (40g)

Amount per serving	
Calories	140
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0.2mg	2%
Potassium 88mg	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: Pea starch, white rice flour, cane sugar, tapioca starch, dextrose*, chickpea flour, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), inulin, pea protein, corn starch*, pea fiber, salt, cream of tartar, sodium bicarbonate, modified cellulose, natural flavor.

May contain: Egg

*Not a product of genetic engineering

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



NET WT 16 OZ. 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

About 10 servings per container
Serving size 3 tbsp (45g)

Amount per serving	
Calories	170
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 42g	15%
Dietary Fiber 0g	0%
Total Sugars 28g	
Includes 27g Added Sugars	54%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 5mg	1%
Iron 0mg	0%
Potassium 112mg	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: Cane sugar, potato starch*, white rice flour, cream of tartar, salt.

May contain: Egg

*Not a product of genetic engineering



NET WT 15.9 OZ. 450g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days

Chocolate Cake



Nutrition Facts

About 15 servings per container
Serving size 3 tbsp (33g)

Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 15g Added Sugars	30%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 1mg	6%
Potassium 116mg	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: Cane sugar, potato starch*, white rice flour, cocoa powder, sweet rice flour, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), salt, pea protein, sodium bicarbonate, modified cellulose, pea starch.

May contain: Egg

*Not a product of genetic engineering



NET WT 17.6 OZ. 500g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days

Vegan



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.



White Cake



Nutrition Facts

About 15 servings per container
Serving size 3 tbsp (33g)

Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 29g	11%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 14g Added Sugars	28%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0mg	0%
Potassium 13mg	1%

* 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:

Cane sugar, potato starch*, white rice flour, sweet rice flour, leavening [sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate], salt, pea protein, sodium bicarbonate, modified cellulose, pea starch.

May contain: Egg

*Not a product of genetic engineering



6 20133 10404 0

NET WT 17.6 OZ. 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

About 15 servings per container
Serving size 3 tbsp (30g)

Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 5mg	1%
Iron 0mg	0%
Potassium 21mg	1%

* 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:

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 16 OZ. 454g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days

Vegan

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 favorite at Christmas and Easter, year-round for Mac 'n Cheese and au gratin dishes.

Panko Style Bread Crumbs



Nutrition Facts

About 12 servings per container
Serving size 1/4 cup (30g)

Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.6mg	4%
Potassium 20mg	0%

* 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:

Pea starch, water, tapioca starch, white rice flour, pea protein, canola oil*, dextrose*, leavening [sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate], pea fiber, 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 12.5 OZ. 350g

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

About 10 servings per container
Serving size 1/4 cup (30g)

Amount per serving	Calories 140
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.4mg	2%
Potassium 64mg	1%

* 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: Pea starch, non-hydrogenated shortening (palm oil)†, brown rice flour, potato starch*, brown sugar*, sweet rice flour, tapioca starch, water, cane sugar, tapioca syrup, rice bran, molasses*, salt, sodium bicarbonate, pea protein, natural flavor, pea fiber, inulin, sunflower lecithin, mono calcium phosphate, modified cellulose, guar gum.

May contain: Egg

*Not a product of genetic engineering
†RSPD Certified

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



NET WT 10.5 OZ. 300g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



Chocolate Cookie Crumbs



Nutrition Facts

About 10 servings per container
Serving size 1/4 Cup (30g)

Amount per serving	Calories 140
	% Daily Value*
Total Fat 6g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 72mg	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: Cane sugar, pea starch, non-hydrogenated shortening (palm oil)†, potato starch*, white rice flour, cocoa powder, water, tapioca starch, tapioca syrup, pea protein, salt, pea fiber, natural flavor, inulin, sodium bicarbonate, sunflower lecithin, modified cellulose.

May contain: Egg

*Not a product of genetic engineering
†RSPD Certified

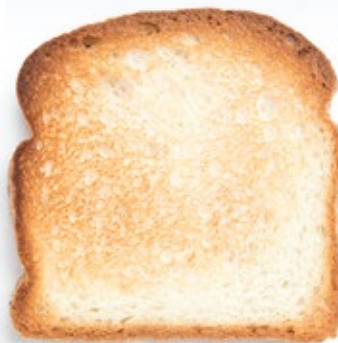
INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 10.5 OZ. 300g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



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

about 8 servings per container
Serving size 2 slices (57g)

Amount per serving	Calories 140
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 30mg	0%
Thiamin 0.09mg	8%
Riboflavin 0.09mg	6%
Niacin 1.43mg	8%
Folate 30mcg	8%

* 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: Gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, brown rice flour, rice starch), water, canola oil*, cane sugar, dextrose*, modified cellulose, psyllium, salt, yeast, vinegar, milled flaxseed, cultured corn syrup solids*, citric acid, vitamin and mineral blend (white rice flour, niacin, iron, thiamin, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering
INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



NET WT 16 OZ. 454g
Pack: 6 per case
Unit Dim.: 8.25"H 4"W 4.5"D
Shelf Life: 240 days

KEEP FROZEN



Multigrain



Nutrition Facts

about 8 servings per container
Serving size 2 slices (57g)

Amount per serving	
Calories	150
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 60mg	0%
Thiamin 0.1mg	8%
Riboflavin 0.09mg	6%
Niacin 1.43mg	8%
Folate 30.8mcg	8%

* 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: Water, gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, rice starch, brown rice flour, teff flour), canola oil*, cane sugar, dextrose*, sunflower seeds, quinoa, flax seeds, modified cellulose, psyllium, milled flaxseed, salt, yeast, vinegar, molasses*, cultured corn syrup solids*, citric acid, vitamin and mineral blend (white rice flour, niacin, iron, thiamin, 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 16 OZ. 454g

Pack: 6 per case

Unit Dim.: 8.25"H 4"W 4.5"D

Shelf Life: 240 days

KEEP FROZEN



Whole Grain



Nutrition Facts

about 8 servings per container
Serving size 2 slices (63g)

Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 60mg	0%
Thiamin 0.09mg	8%
Riboflavin 0.09mg	6%
Niacin 1.58mg	10%
Folate 35mcg	8%

* 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: Gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, rice starch, brown rice flour, teff flour), water, canola oil*, cane sugar, dextrose*, modified cellulose, psyllium, salt, yeast, vinegar, molasses*, milled flaxseed, cultured corn syrup solids*, citric acid, vitamin and mineral blend (white rice flour, niacin, iron, thiamin, 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 17.8 OZ. 504g

Pack: 6 per case

Unit Dim.: 8.25"H 4"W 4.5"D

Shelf Life: 240 days

KEEP FROZEN



Cinnamon Raisin



Nutrition Facts

about 8 servings per container
Serving size 2 slices (70g)

Amount per serving	
Calories	170
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 39g	14%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.1mg	6%
Potassium 150mg	4%
Thiamin 0.11mg	10%
Riboflavin 0.11mg	8%
Niacin 1.75mg	10%
Folate 38mcg	10%

* 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: Water, gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, brown rice flour, rice starch), raisins, canola oil*, cane sugar, dextrose*, modified cellulose, psyllium, salt, yeast, cinnamon, cultured corn syrup solids*, citric acid, milled flaxseed, vitamin and mineral blend (niacin, iron, thiamin, 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 19.8 OZ. 560g

Pack: 6 per case

Unit Dim.: 8.25"H 4"W 4.5"D

Shelf Life: 240 days

KEEP FROZEN



Best things in life are free from™

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

Gluten-free
has never tasted
so good*

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

about 4 servings per container
Serving size 1 bun (61g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 30mg	0%
Thiamin 0.09mg	8%
Riboflavin 0.09mg	6%
Niacin 1.53mg	10%
Folate 35mcg	8%

* 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: Gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, brown rice flour, rice starch), water, dextrose*, canola oil*, cane sugar, modified cellulose, psyllium, salt, yeast, vinegar, milled flaxseed, cultured corn syrup solids*, citric acid, vitamin and mineral blend [white rice flour, niacin, iron, thiamin, riboflavin, folic acid].

May contain: Egg

*Not a product of genetic engineering

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



NET WT 8.6 OZ. 245g

Pack: 6 per case

Unit Dim.: 7"H 4"W 4"D

Shelf Life: 240 days

KEEP FROZEN



Hotdog Buns



Nutrition Facts

about 4 servings per container
Serving size 1 bun (71g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 40mg	0%
Thiamin 0.11mg	10%
Riboflavin 0.11mg	8%
Niacin 1.78mg	10%
Folate 40mcg	10%

* 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: Gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, brown rice flour, rice starch), water, dextrose*, canola oil*, cane sugar, modified cellulose, psyllium, salt, yeast, vinegar, milled flaxseed, cultured corn syrup solids*, citric acid, vitamin and mineral blend [white rice flour, niacin, iron, thiamin, riboflavin, folic acid].

May contain: Egg

*Not a product of genetic engineering

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



NET WT 10 OZ. 285g

Pack: 6 per case

Unit Dim.: 6"H 4"W 4"D

Shelf Life: 240 days

KEEP FROZEN



English Muffins



Nutrition Facts

about 4 servings per container
Serving size 1 muffin (94g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 47g	17%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 59mg	2%
Thiamin 0.3mg	30%
Riboflavin 0.3mg	25%
Niacin 3mg	20%
Folate 31mcg	8%

* 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: Water, white rice flour, egg whites, tapioca starch, potato starch*, cane sugar, yeast, canola oil*, polydextrose, dextrose, modified cellulose, salt, pea protein, vitamin and mineral blend [niacin, iron, thiamin, riboflavin, folic acid].

*Not a product of genetic engineering

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



NET WT 13.5 OZ. 375g

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 flavor.

Plain



Nutrition Facts	
4 servings per container	
Serving size	1 bagel (86g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 42g	15%
Dietary Fiber 7g	25%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	4%
Potassium 46mg	1%
Thiamin 0.1mg	10%
Riboflavin 0.1mg	8%
Niacin 1.5mg	10%
Folate 23mcg	6%

INGREDIENTS: Water, white rice flour, potato starch*, tapioca starch, canola oil*, cellulose, corn starch*, fructose*, psyllium, non-hydrogenated shortening (palm oil)†, modified cellulose, yeast, salt, cultured corn syrup solids*, citric acid, vitamin and mineral blend (niacin, iron, thiamin, 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.



NET WT 12.1 OZ. 344g
Pack: 6 per case
Unit Dim.: 7"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

Cinnamon Raisin



Nutrition Facts	
4 servings per container	
Serving size	1 bagel (88g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 47g	17%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 141mg	2%
Thiamin 0.1mg	10%
Riboflavin 0.1mg	8%
Niacin 1.5mg	10%
Folate 16mcg	4%

INGREDIENTS: Water, white rice flour, potato starch*, raisins, tapioca starch, canola oil*, cellulose, corn starch*, fructose*, psyllium, non-hydrogenated shortening (palm oil)†, yeast, modified cellulose, cinnamon, salt, cultured corn syrup solids*, citric acid, vitamin and mineral blend (niacin, iron, thiamin, 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.



NET WT 12.4 OZ. 352g
Pack: 6 per case
Unit Dim.: 7"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

Blueberry



Nutrition Facts	
4 servings per container	
Serving size	1 bagel (86g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 47g	17%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 1mg	6%
Potassium 62mg	2%
Thiamin 0.1mg	10%
Riboflavin 0.125mg	8%
Niacin 1.75mg	10%
Folate 18mcg	4%

INGREDIENTS: Water, white rice flour, potato starch*, tapioca starch, blueberries, canola oil*, cellulose, corn starch*, fructose*, psyllium, non-hydrogenated shortening (palm oil)†, natural flavor, yeast, modified cellulose, salt, cultured corn syrup solids*, citric acid, vitamin and mineral blend (niacin, iron, thiamin, 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.



NET WT 12.1 OZ. 344g
Pack: 6 per case
Unit Dim.: 7"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

FREEZER DONUTS

Chocolate Dipped



Nutrition Facts

About 6 servings per container
Serving size 1 donut (53g)

Amount per serving	
Calories	210
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 20g Added Sugars	40%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0.4mg	2%
Potassium 50mg	1%

*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: Cane sugar, sucrose*, corn syrup*, 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, rice syrup, fruit juice, cellulose, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), 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 & texture for 10-15 seconds on high.

CAUTION: Icing may be hot after warming.



NET WT 11.3 OZ. 320g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days

KEEP FROZEN



Cinnamon Sugar



Nutrition Facts

About 6 servings per container
Serving size 1 donut (45g)

Amount per serving	
Calories	190
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 13g Added Sugars	26%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0.3mg	2%
Potassium 38mg	1%

*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: Cane sugar, 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, rice syrup, fruit juice, cellulose, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), 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 & texture for 10-15 seconds on high.

CAUTION: Icing may be hot after warming.



NET WT 9.5 OZ. 270g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days

KEEP FROZEN



Vanilla Glazed



Nutrition Facts

About 6 servings per container
Serving size 1 donut (53g)

Amount per serving	
Calories	220
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 38g	14%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 20g Added Sugars	40%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 0.2mg	2%
Potassium 33mg	1%

*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: Cane sugar, sucrose*, corn syrup*, 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, rice syrup, fruit juice, cellulose, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), glucono delta lactone, sodium bicarbonate, nutmeg, natural flavor.

*Not a product of genetic engineering
†RSPO Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste & texture for 10-15 seconds on high.

CAUTION: Icing may be hot after warming.



NET WT 11.3 OZ. 320g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days

KEEP FROZEN



North America's #1
top selling
gluten-free donut.
A must-have along-
side 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.

Maple Glazed



Nutrition Facts

About 6 servings per container

Serving size 1 donut (53g)

Amount per serving
Calories 210

% Daily Value*

Total Fat 6.5g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 210mg 9%

Total Carbohydrate 37g 13%

Dietary Fiber 1g 4%

Total Sugars 19g

Includes 19g Added Sugars 38%

Protein 2g

Vitamin D 0mcg 0%

Calcium 13mg 1%

Iron 0.2mg 2%

Potassium 39mg 1%

* 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: Cane sugar, sucrose*, corn syrup*, 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, rice syrup, fruit juice, cellulose, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), glucono delta lactone, sodium bicarbonate, natural flavor, caramel (color).

*Not a product of genetic engineering
†RSPO Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste & texture for 10-15 seconds on high.

CAUTION: Icing may be hot after warming.



NET WT 11.3 OZ. 320g

Pack: 8 per case

Unit Dim.: 7.5"H 5"W 2.75"D

Shelf Life: 240 days

KEEP FROZEN



Soft with Vanilla Icing



Nutrition Facts

Serving Size 1 Donut (45g)

Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat 35**

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 6%

Total Carbohydrate 23g 8%

Dietary Fiber 2g 8%

Sugar 8g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	25g	30g	30g

INGREDIENTS: Water, white rice flour, potato starch*, tapioca starch, fructose*, non-hydrogenated palm oil shortening (palm oil, modified palm oil), egg whites, cellulose powder, tapioca syrup, psyllium fiber, cellulose, yeast, glycerin, salt, pure vanilla extract, Enzymes, Icing (Icing sugar (sugar, corn starch), water, glucose, xanthan gum*, sodium citrate, natural flavor, salt, locust bean gum, natural color (titanium dioxide), citric acid)).

*Not a product of genetic engineering
†RSPO Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste & texture for 10-15 seconds on high.

CAUTION: Icing may be hot after warming.



NET WT 9.4 OZ. 267g

Pack: 6 per case

Unit Dim.: 7.5"H 5"W 3.75"D

Shelf Life: 240 days

KEEP FROZEN

Best things
in life are
free from™



FREEZER CRUSTS

Pizza



Nutrition Facts

4 servings per container
Serving size 1/2 pizza crust (75g)

Amount per serving	Calories 230
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 39g	14%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 90mg	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:

Water, white rice flour, potato starch*, non-hydrogenated shortening (palm oil)†, sweet rice flour, yeast, cane sugar, pea starch, chickpea flour, pea fiber, 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 10.6 OZ. 300g

Pack: 6 per case

Unit Dim.: 7.5"H 7"W 2.25"D

Shelf Life: 240 days

KEEP FROZEN

Vegan

Flatbread



Nutrition Facts

Servings per container 4
Serving size 1/2 flatbread (72g)

Amount per serving	Calories 220
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 90mg	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:

Water, white rice flour, potato starch*, non-hydrogenated shortening (palm oil)†, sweet rice flour, yeast, cane sugar, pea starch, chickpea flour, pea fiber, 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 10.2 OZ. 288g

Pack: 6 per case

Unit Dim.: 3"H 5"W 10"D

Shelf Life: 365 days

KEEP FROZEN

Vegan

Pie



Nutrition Facts

About 16 servings per container
Serving size 1/8 crust (24g)

Amount per serving	Calories 100
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 20mg	0%

* 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:

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 13.75 OZ. 390g

Pack: 6 per case

Unit Dim.: 9.5"H 9.5"W 1.75"D

Shelf Life: 240 days

KEEP FROZEN

Vegan

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 favorite toppings.

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 flavors.



Nutrition Facts

about 4 servings per container
Serving size 1 muffin (62g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 180mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 12g Added Sugars	24%

Protein 3g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1.4mg	8%
Potassium 62mg	2%
Thiamin 0.06mg	4%
Riboflavin 0.19mg	15%
Niacin 1.25mg	8%
Folate 10mcg	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: Whole eggs, cane sugar, white rice flour, chocolate chips [sugar, cocoa mass, cocoa butter, sunflower lecithin, natural flavor], water, canola oil*, pea starch, apple purée, non-hydrogenated shortening [palm oil]†, tapioca syrup, leavening [sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate], corn starch*, flax meal, cellulose, modified cellulose, vitamin and mineral blend [niacin, iron, thiamin, riboflavin, folic acid], sunflower lecithin, enzymes, natural flavor.

*Not a product of genetic engineering
†RSPD Certified

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



NET WT 8.75 OZ. 248g

Pack: 6 per case

Unit Dim.: 6.75"H 6.75"W 2.375"D

Shelf Life: 365 days

KEEP FROZEN



Nutrition Facts

about 4 servings per container
Serving size 1 muffin (62g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 180mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 14g Added Sugars	28%

Protein 2g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0.6mg	4%
Potassium 38mg	0%
Thiamin 0.06mg	4%
Riboflavin 0.19mg	15%
Niacin 1.2mg	8%
Folate 10mcg	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: Whole eggs, cane sugar, blueberries, white rice flour, pea starch, water, canola oil*, glycerin, tapioca syrup, leavening [sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate], corn starch*, cellulose, modified cellulose, flax meal, natural flavor, vitamin and mineral blend [niacin, iron, thiamin, 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!



NET WT 8.75 OZ. 248g

Pack: 6 per case

Unit Dim.: 6.75"H 6.75"W 2.375"D

Shelf Life: 365 days

KEEP FROZEN



Nutrition Facts

about 4 servings per container
Serving size 1 muffin (60g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 170mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 12g Added Sugars	24%

Protein 2g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 0.85mg	4%
Potassium 87mg	2%
Thiamin 0.10mg	8%
Riboflavin 0.10mg	8%
Niacin 1.5mg	10%
Folate 10mcg	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: Whole eggs, brown sugar*, water, brown rice flour, canola oil*, pea starch, apple purée, quinoa flakes, glycerin, tapioca syrup, corn starch*, leavening [sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate], spices, flax meal, modified cellulose, salt, cellulose, vitamin and mineral blend [niacin, iron, thiamin, riboflavin, folic acid], sunflower lecithin, enzymes, natural flavor.

*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!



NET WT 8.5 OZ. 240g

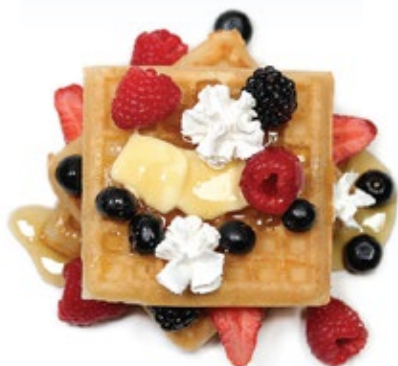
Pack: 6 per case

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

Servings per container 3
Serving size 2 waffles (74g)

Amount per serving	Calories	210
% Daily Value*		
Total Fat 7g		9%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 410mg		18%
Total Carbohydrate 38g		14%
Dietary Fiber 4g		14%
Total Sugars 6g		
Includes 5g Added Sugars		10%
Protein 2g		
Vitamin D 0mcg		0%
Calcium 130mg		10%
Iron 1.1mg		6%
Potassium 140mg		2%
Thiamin 0.3mg		25%
Riboflavin 0.22mg		15%
Niacin 3.7mg		25%
Folate 50mcg		10%

* 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: Water, brown rice flour, potato starch*, canola oil*, tapioca starch, cane sugar, white rice flour, cellulose, brown sugar*, corn starch*, chickpea flour, sodium bicarbonate, mono calcium phosphate, pea fiber, cream of tartar, sodium acid pyrophosphate, salt, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), dextrose*, modified cellulose, natural flavor.

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.



NET WT 7.8 OZ. 222g
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

Servings per container 3
Serving size 2 waffles (74g)

Amount per serving	Calories	210
% Daily Value*		
Total Fat 7g		9%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 410mg		18%
Total Carbohydrate 38g		14%
Dietary Fiber 4g		14%
Total Sugars 6g		
Includes 5g Added Sugars		10%
Protein 2g		
Vitamin D 0mcg		0%
Calcium 130mg		10%
Iron 1.1mg		6%
Potassium 140mg		2%
Thiamin 0.3mg		25%
Riboflavin 0.22mg		15%
Niacin 3.7mg		25%
Folate 50mcg		10%

* 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: Water, brown rice flour, potato starch*, canola oil*, tapioca starch, cane sugar, white rice flour, cellulose, brown sugar*, corn starch*, chickpea flour, sodium bicarbonate, mono calcium phosphate, pea fiber, cinnamon, cream of tartar, sodium acid pyrophosphate, salt, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), dextrose*, modified cellulose, natural flavor.

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.



NET WT 7.8 OZ. 222g
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

Servings per container 3
Serving size 2 waffles (74g)

Amount per serving	Calories	220
% Daily Value*		
Total Fat 7g		9%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 410mg		18%
Total Carbohydrate 39g		14%
Dietary Fiber 4g		14%
Total Sugars 7g		
Includes 6g Added Sugars		12%
Protein 2g		
Vitamin D 0mcg		0%
Calcium 130mg		10%
Iron 1.1mg		6%
Potassium 140mg		2%
Thiamin 0.29mg		24%
Riboflavin 0.22mg		17%
Niacin 3.6mg		23%
Folate 50mcg		13%

* 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: Water, brown rice flour, potato starch*, canola oil*, tapioca starch, cane sugar, white rice flour, cellulose, brown sugar*, corn starch*, chickpea flour, sodium bicarbonate, mono calcium phosphate, pea fiber, cream of tartar, sodium acid pyrophosphate, salt, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), dextrose*, 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.



NET WT 7.8 OZ. 222g
Pack: 12 per case
Unit Dim.: 4.4"H 9.25"W 2.25"D
Shelf Life: 240 days

KEEP FROZEN

Vegan



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.

