

INGREDIENTS LIST 2018

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| 1. | Apricot Flapjack (vegan) |
| | Rolled oats ; olive oil; dried apricots (partially rehydrated dried apricots, sulphur dioxide , potassium sorbate, citric acid, malic acid); soft brown sugar; honey; dried cranberries (cranberries, pineapple juice, sunflower oil); maize flour; chia seeds. |
| 2. | Banana Cake |
| | Banana; plain flour ; sultanas (sultana, cottonseed oil); brown sugar; coconut oil; egg ; ground almonds ; baking powder (diphosphates, sodium carbonates, rice flour); bicarbonate of soda (sodium carbonates); salt. Topping: banana chips. |
| 3. | Banana, Date & Cinnamon Muffin (sugar free) |
| | Egg ; plain flour ; ground almonds ; bananas; dates (partially rehydrated dried dates, potassium sorbate); light olive oil; baking powder (diphosphates, sodium carbonates, rice flour); ground cinnamon; bicarbonate of soda (sodium carbonates). Topping: Rolled oats ; brown sugar; ground cinnamon. |
| 4. | Banana and Raisin Scone (vegan) |
| | Self-raising flour ; raisins (partially rehydrated raisins, sunflower oil); coconut oil; banana; baking powder (diphosphates, sodium carbonates, rice flour); ground cinnamon; salt. |
| 5. | Blackberry Muffin (seasonal variations) |
| | Blackberries; caster sugar; plain flour ; buckwheat flour ; sunflower oil; almond milk (water, almonds, maltodextrin, calcium phosphate, sea salt, carob gum, gellan gum, sunflower lecithins, vitamins B12, B2, & D); egg ; baking powder (diphosphates, sodium carbonates, rice flour); vanilla extract (ethanol, vanilla extract). Topping: demerara sugar. |
| 6. | Carrot Cake Muffin |
| | Sunflower oil; wholemeal spelt flour ; caster sugar; carrot; brown sugar; tinned pineapple (pineapple, pineapple juice, citric acid); egg ; baking powder (diphosphates, sodium carbonates, rice flour); ground cinnamon. Topping: icing sugar; orange juice; orange zest. |
| 7. | Cinnamon Cookie (vegan) |
| | Spelt wholemeal flour ; golden syrup; sunflower oil; ground cinnamon; baking powder (diphosphates, sodium carbonates, rice flour). |
| 8. | Coconut Loaf |
| | Self-raising flour ; demerara sugar; coconut oil; desiccated coconut (Coconut, Sulphites preservative); coconut milk (coconut extract, water, polysorbate 60, carboxy methyl cellulose); tinned pineapple (pineapple, pineapple juice, citric acid); egg ; salt. |
| 9. | Lemon & Blueberry Cake |
| | Self-raising flour ; margarine (water, sunflower oil, palm, linseed oil, salt, flavouring, vitamins E, A&D, colour - carotenes, vitamin B12); caster sugar; egg ; blueberries; ground almonds ; lemon zest. Topping: icing sugar; lemon juice. |
| 10. | Oaty, Raisin, Hazelnut Cookie |
| | Plain Flour ; margarine (water, sunflower oil, palm, linseed oil, salt, flavouring, vitamins E, A&D, colour - carotenes, vitamin B12); caster sugar; raisins (partially rehydrated raisins, sunflower oil); rolled oats; hazelnuts ; egg yolk ; vanilla extract (ethanol, vanilla extract); salt. |

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| 11. | Orange, Butternut Squash Cake (gluten free) |
| | Butternut squash; caster sugar; maize flour; sunflower oil; ground almonds; egg; orange; baking powder (diphosphates, sodium carbonates, rice flour); bicarbonate of soda (sodium carbonates); salt. |
| 12. | Orange and Chia Seed Muffin |
| | Plain flour; orange juice; sunflower oil; caster sugar; egg; chia seeds; orange zest; baking powder (diphosphates, sodium carbonates, rice flour); bicarbonate of soda (sodium carbonates); salt. Topping: icing sugar; orange juice; orange zest. |
| 13. | Chocolate Biscuit (gluten free) |
| | Dark chocolate; caster sugar; coconut oil; ground almonds; egg; dark brown sugar; maize flour; vanilla extract |
| 14. | Carrot Cake (vegan) |
| | Self-raising flour; carrot; sunflower oil; caster sugar; tinned pineapple (pineapple, pineapple juice, citric acid); brown sugar; cider apple vinegar; bicarbonate of soda (sodium carbonates); ground cinnamon; ground ginger. Topping: icing sugar; orange juice; orange zest. |
| 15. | Victoria Sponge (vegan) |
| | Self-raising flour; oat milk (water, oats (10%), rapeseed oil, calcium carbonate, calcium, phosphates, iodised salt, vitamins D2, riboflavin, B12); caster sugar; sunflower oil; golden syrup; vanilla extract; bicarbonate of soda (sodium carbonates). Topping: icing sugar; margarine (water, sunflower oil, palm, linseed oil, salt, flavouring, vitamins E, A&D, colour - carotenes, vitamin B12); strawberry jam. |
| 16. | Lemon & Blueberry Cake (vegan) |
| | Self-raising flour; oat milk (water, oats (10%), rapeseed oil, calcium carbonate, calcium, phosphates, iodised salt, vitamins D2, riboflavin, B12); caster sugar; blueberries; sunflower oil; golden syrup; vanilla extract; lemon zest; bicarbonate of soda (sodium carbonates). Topping: icing sugar; lemon juice. |
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