







COCONUT CIABATTA **KETO BUNS** 600g / 21oz

15 g

Added

Net Carb

Protein

Gluten Free Certified Non-GMO, Vegan, Paleo, Keto Certified

Coconut Ciabatta is our first Keto Certified low carb ciabatta style bun bread. It's so delicious you'll forget you're eating healthy. Only 1.3g net carbs per 50g serving it has been tested in a laboratory for its low carb content. We recommend toasting the ciabatta buns for open sandwiches or consume it fresh as it is.

Ingredients: Organic coconut shredded, organic coconut flour, organic coconut oil, flax meal, organic chia seeds, psyllium, xanthan gum, yeast, grapeseed oil, salt.



ALMOND FATTY BUNS **KETO BUNS** 425g / 15oz



Net Carb **Protein**

Added Sugar

Gluten Free Certified Non-GMO, Vegan, Paleo, Keto Certified

Our Almond Fatty Buns have a very low-carb content but are a great source of heart-healthy monounsaturated fat coming from the high Almond content. They are also a great source of protein, magnesium and fiber. Made with only high quality, clean ingredients like avocado oil and organic coconut flour, like all our products they preservative free, Gluten Free, Dairy Free, Sugar Free and Vegan.

Ingredients: natural almond meal, organic coconut flour, golden flax meal, psyllium husk, avocado oil, apple cider vinegar, nutritional yeast, paleo baking powder, sea salt.



GOLDEN BUNS

KETO BUNS 425g / 15oz

Added

Net Carb **Protein**

Sugar

Gluten Free Certified Non-GMO, Vegan, Paleo, Keto Certified

Our newest Keto & Paleo bread. Contains 2 g net carbs per 85g bun. One of the main ingredients is golden flax meal which gave the buns such a beautiful golden color, hence, the name! The buns are very soft and perfect for sandwiches. Golden Buns are Gluten Free, Vegan and made with top quality organic coconut flour and golden flax meal. Full of fiber and good fats, they come in a package of 5 buns.

Ingredients: Golden flax meal, natural almond meal, organic coconut flour, psyllium husk, avocado oil, apple cider vinegar, nutritional yeast, paleo baking powder (aluminum free), sea salt

