

Breads

**White Sandwich Bread**

Water, White Rice Flour, Whole Eggs, Tapioca Starch, Potato Starch, Sugar, Sunflower and/or Canola Oil, Cellulose, Yeast, Dextrose, Glucono Delta Lactone, Sodium Carboxy Methylcellulose, Salt, Pea Protein, Sodium Bicarbonate, Mono and Diglycerides, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron), Sodium Stearoyl Lactylate

Breads

**Brown Sandwich Bread**

Water, White Rice Flour, Whole Eggs, Potato Starch, Brown Rice Flour, Tapioca Starch, Cellulose, Sugar, Sunflower and/or Canola Oil(), Yeast, Flax Seeds, Dextrose, Pea Protein, Glucono Delta Lactone, Sodium Carboxy Methylcellulose, Pea Fibre, Salt, Mono and Diglycerides, Sodium Bicarbonate, Caramel colour, Sodium Stearoyl Lactylate, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron)

Breads

**Sunflower Flax Rice Bread**

Water, White Rice Flour, Brown Rice Flour, Sunflower Oil and/or Canola Oil(), Sunflower Seeds, Yeast, Flax Seeds, Sugar, Flax Meal, Sodium Carboxy Methylcellulose, Salt, Glucono Delta Lactone, Sodium Bicarbonate, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron)

Breads


**Many Wonder Multigrain Rice Bread**

Water, White Rice Flour, Whole Eggs, Potato Starch, Pea Starch, Sunflower and/or Canola Oil, Tapioca Starch, Brown Rice Flour, Honey, Yeast, Pea Fibre, Sugar, Pea Protein, Rice Bran, Sodium Carboxy Methylcellulose, Flax Meal, Flax Seeds, Salt, Molasses, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron), Cinnamon, Caramel Color

Breads

**Tapioca Rice Bread**

White Rice Flour, Water, Tapioca Starch, Whole Eggs, Sugar, Poly Dextrose, Sunflower and/or Canola Oil, Dextrose, Yeast, Pea Protein, Sodium Carboxy Methylcellulose, Salt, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron)

  
Free Of Wheat and Gluten - Always!  
Free Of Casein  
Free Of Yeast  
Free Of Sugar  
Free Of Soy  
Free Of Eggs  
Free Of Corn  
Free Of Nuts  
Free Of Potato

**Ingredients Subject To Change Without Notice**  
**Allergy Alert: Kinnikinnick Products are produced in a facility that uses Soy, Eggs and Sesame Seeds.**  
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Breads

**Raisin Tapioca Rice Bread**

White Rice Flour, Water, Raisins, Tapioca Starch, Whole Eggs, Sugar, Poly Dextrose, Yeast, Sunflower and/or Canola Oil, Dextrose, Pea Protein, Sodium Carboxy Methylcellulose, Salt, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron), Vanilla Flavor

Breads

**Robins Honey Brown Rice Bread**

Water, Brown Rice Flour, Tapioca Starch, White Rice Flour, Honey, Sunflower Oil and/or Canola Oil(), Yeast, Sodium Carboxy Methylcellulose, Rice Bran, Glucono Delta Lactone, Salt, Molasses, Sodium Bicarbonate, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron)

Breads

**Italian White Tapioca Rice Bread**

Water, White Rice Flour, Whole Eggs, Tapioca Starch, Potato Starch, Sugar, Yeast, Sunflower Oil and/or Canola Oil, Dextrose, Glucono Delta Lactone, Sodium Carboxy Methylcellulose, Salt, Poly Dextrose, Sodium Bicarbonate, Pea Protein, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron)

Breads


**Festive Bread**

Water, White Rice Flour, Whole Eggs, Tapioca Starch, Potato Starch, Cranberries, Raisins, Sugar, Glazed Cherries, (Cherries, corn syrup, glucose, fructose, sodium benzoate, citric acid, artificial flavour, color, sulphur dioxide CONTAINS SULPHITES), Sunflower and/or Canola Oil, Glazed Fruit, (Cherries, corn syrup, glucose, fructose, sodium benzoate, citric acid, artificial flavour, color, sulphur dioxide CONTAINS SULPHITES), Yeast, Honey, Dextrose, Glucono Delta Lactone, Molasses, Sodium Carboxy Methylcellulose, Salt, Poly Dextrose, Pea Protein, Sodium Bicarbonate, Cinnamon, Spices, Ginger, Vitamin Blend, (Thiamine, Vitamin B2, Niacin, Folic Acid, Iron)

Yeast Free Breads

**Candadi Yeast Free Multigrain Rice Bread**

Water, Brown Rice Flour, Tapioca Starch, Whole Eggs, White Rice Flour, Sunflower and/or Canola Oil, Sodium Carboxy Methylcellulose, Glucono Delta Lactone, Rice Bran, Sunflower Seeds, Flax seeds, Sodium Bicarbonate, Salt, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron)

 Free Of  
Wheat and Gluten - Always!  
Free Of Casein  
Free Of Yeast  
Free Of Sugar  
Free Of Soy  
Free Of Eggs  
Free Of Corn  
Free Of Nuts  
Free Of Potato

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# Kinnikinnick Foods Ingredient Summary

Updated: 02/02/2012 | 10:46 AM

  
Free Of  
Wheat  
and  
Gluten -  
Always!  
Free Of Casein  
Free Of Yeast  
Free Of Sugar  
Free Of Soy  
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Yeast Free Breads

**Yeast Free Tapioca Bread**

Water, White Rice Flour, Whole Eggs, Tapioca Starch, Potato Starch, Cellulose, Sugar, Sunflower and/or Canola Oil, Dextrose, Glucono Delta Lactone, Sodium Carboxy Methylcellulose, Salt, Sodium Bicarbonate, Pea Protein, Mono and Diglycerides, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron), Sodium Stearayl Lactylate

Buns

**Tapioca Rice Tray Buns**

Water, White Rice Flour, Whole Eggs, Tapioca Starch, Potato Starch, Cellulose, Sugar, Sunflower and/or Canola Oil, Yeast, Dextrose, Glucono Delta Lactone, Salt, Pea Protein, Sodium Carboxy Methylcellulose, Mono and Diglycerides, Sodium Bicarbonate, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron), Sodium Stearayl Lactylate

Buns

**Tapioca Rice English Muffins**

Water, White Rice Flour, Egg Whites, Tapioca Starch, Potato Starch, Sugar, Yeast, Sunflower Oil (may contain Sunflower and/or Canola Oil()), Poly Dextrose, Dextrose, Sodium Carboxy Methylcellulose, Salt, Pea Protein, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron)

Buns

**Tapioca Rice Hot Cross Buns**

Water, Bun Mix(Rutabaga, glucose-fructose, cornsyrup, citric acid, artificial colors[FDC Red40, FDC Yellow 5, FDC Blue1], flavor, sodium benzoate, sulfur dioxide), Raisins, White Rice Flour, Tapioca Starch, Potato Starch, Sunflower and/or Canola Oil, , Sugar, Inulin, Fructooligosaccharide, Glucono Delta Lactone, Whole Egg Powder, Dextrose, Pea Fibre, Sodium Bicarbonate, Egg White Powder, Rice Bran Extract, Sodium Carboxy Methylcellulose, Pea Protein, Salt, Fructose, Cinnamon, Spices

Buns

**Tapioca Rice Hamburger Buns**

Water, White Rice Flour, Tapioca Starch, Whole Eggs, Yeast, Cellulose, Sugar, Sunflower and/or Canola Oil, , Dextrose, Pea Protein, Sodium Carboxy Methylcellulose, Salt, Vitamin Blend, (Thiamine, Vitamin B2, Niacin, Folic Acid, Iron),

Buns

### **Tapioca Rice Hot Dog Buns**

Water, White Rice Flour, Tapioca Starch, Whole Eggs, Yeast, Sugar, Sunflower and/or Canola Oil(), Dextrose, Pea Protein, Sodium Carboxy Methylcellulose, Salt, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron)

Mixes

### **Gingerbread Cookie Mix**

Potato Starch, Tapioca Starch, Corn Starch, Salt, White Rice Flour, Cinnamon, Sweet Rice Flour, Brown Rice Flour, Sodium Bicarbonate, Guar Gum, Sodium Carboxy Methylcellulose, Ginger

Mixes

### **Crepe Mix**

Pea Starch, Sugar, Tapioca Starch, Dextrose, Salt, Sodium Carboxy Methylcellulose, White Rice Flour, Corn Starch, Defatted Soy Flour, Guar Gum, Sodium Bicarbonate, Cream of Tartar, Inulin, Pea Fibre, Whole Egg Powder, Fructose, Pea Protein, KinnActive Baking Powder

Mixes

### **Sugar Cookie Mix**

White Rice Flour, Tapioca Starch, Sugar, Pea Protein, Xanthan Gum, Salt, Sodium Bicarbonate, KinnActive Baking Powder

Mixes

### **Pancake and Waffle Mix**

Pea Starch, White Rice Flour, Corn Starch, Sugar, Tapioca Starch, Dextrose, Defatted Soy Flour, Whole Egg Powder, KinnActive Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), Inulin, Pea Protein, Pea Fibre, Fructose, Salt, Cream of Tartar, Sodium Bicarbonate, Sodium Carboxy Methylcellulose, Natural Flavour (from Rice), Guar Gum

Mixes

**Chocolate Cake Mix**

Sugar, Potato Starch, White Rice Flour, Cocoa Powder, Sweet Rice Flour, KinnActive Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), Guar Gum, Salt, Pea Protein, Sodium Bicarbonate, Pea Starch, Pea Fibre

Mixes

**Kinni-Kwik Bread & Bun Mix**

White Rice Flour, Potato Starch, Pea Starch, Tapioca Starch, Sugar, Whole Egg Powder, Malto Dextrin, Poly Dextrose, Dextrose, Pea Protein, Glucono Delta Lactone, Egg White Powder, Fructooligosaccharide, Pea Fibre, Sodium Carboxy Methylcellulose, Cellulose, Sodium Bicarbonate, Rice Bran Extract, Inulin, Salt, Sodium Stearoyl Lactylate, Fructose

Mixes

**Angel Food Cake Mix**

Sugar, Potato Starch, White Rice Flour, Cream of Tartar, Natural Flavour (from rice), Salt

Mixes

**White Cake Mix**

Sugar, Potato Starch, White Rice Flour, Sweet Rice Flour, KinnActive Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), Guar Gum, Salt, Pea Protein, Sodium Bicarbonate, Pea Starch, Pea Fibre

Mixes

**All Purpose Flour Blend**

White Rice Flour, Potato Starch, Tapioca Starch, Guar Gum, Sodium Carboxy Methylcellulose

Breakfast Items

**Cinnamon and Brown Sugar Homestyle Waffles**

Water, Tapioca Starch, Pea Starch, White Rice Flour, Sunflower and/or Canola Oil(), Sugar, Whole Egg Powder, Brown Sugar, Inulin, Sodium Bicarbonate, Mono Calcium Phosphate, Cellulose, Pea Protein, Pea Fibre, Cream of Tartar, Cinnamon, Sodium Acid Pyrophosphate, Salt, Mono and Diglycerides, Fructose, Natural Flavour (from rice), Xanthan Gum

Breakfast Items

**Original Homestyle Waffles**

Water, Tapioca Starch, Pea Starch, White Rice Flour, Sunflower and/or Canola Oil(), Sugar, Whole Egg Powder, Brown Sugar, Inulin, Sodium Bicarbonate, Cellulose, Pea Protein, Mono Calcium Phosphate, Pea Fibre, Cream of Tartar, Sodium Acid Pyrophosphate, Salt, Mono and Diglycerides, Fructose, Natural Flavour (from rice), Xanthan Gum

Breakfast Items

**KinniKrisp Rice Cereal**

KinniKrisp Rice Cereal(Whole Rice Kernels, Sugar, Corn Syrup, Salt)

Baking & Cooking

**Panko Style Bread Crumbs**

Water, Tapioca Starch, Pea Starch, White Rice Flour, Sugar, Whole Egg Powder, Inulin, Sunflower and/or Canola Oil, Sodium Bicarbonate, Cellulose, Mono Calcium Phosphate, Pea Fibre, Cream of Tartar, Sodium Acid Pyrophosphate, Yeast, Salt, Xanthan Gum, Mono and Diglycerides

Baking & Cooking

**Graham Style Cracker Crumbs**

Pea Starch, non Hydrogenated Shortening(Palm Fruit and/or Canola), Potato Starch, Brown Rice Flour, Brown Sugar, Sweet Rice Flour, Tapioca Starch, Water, Rice Bran, Sugar, Blackstrap Molasses, Honey, Glucose, Salt, Sodium Bicarbonate, Pea Protein, Vanilla, Sodium Carboxy Methylcellulose, Pea Fibre, Guar Gum, Inulin, Soy Lecithin, Mono Calcium Phosphate

Baking & Cooking

**Bread Cubes**

Water, White Rice Flour, Whole Eggs, Potato Starch, Sugar, Sunflower Oil and/or Canola Oil(), Yeast, Dextrose, Glucono Delta Lactone, Sodium Carboxy Methylcellulose, Salt, Poly Dextrose, Pea Protein, Sodium Bicarbonate, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron)

Baking & Cooking

**Chocolate Cookie Crumbs**

Cocoa Powder(processed with alkali), Icing Sugar(Powdered Sugar, May Contain 2-3% Corn Starch), Pea Starch, non Hydrogenated Shortening(Palm fruit or Canola), White Rice Flour, Water, Potato Starch, Tapioca Starch, Glucose, Pea Protein, Sodium Carboxy Methylcellulose, Salt, Pea Fibre, Vanilla Flavor, Guar Gum, Inulin, Sodium Bicarbonate, Soy Lecithin

Bagels

**Tapioca Rice Cinnamon Raisin Bagels**

White Rice Flour, Tapioca Starch, Raisins, Sugar, Whole Eggs, Water, non Hydrogenated Shortening(Palm Fruit or Canola), Yeast, Modified Cornstarch, Pea Protein, Cellulose, Salt, Sunflower and/or Canola Oil, , KinnActive Baking Powder, Glucono Delta Lactone, Sodium Carboxy Methylcellulose, Xanthan Gum, Cinnamon, Vitamin Blend, (Thiamine, Vitamin B2, Niacin, Folic Acid, Iron), Monoglycerides, Sodium Bicarbonate, Guar Gum

Bagels


**Tapioca Rice New York Style Plain Bagels**

White Rice Flour, Water, Tapioca Starch, Sugar, Whole Eggs, Palm Fruit Oil (Non Hydrogenated), Yeast, Cellulose, Modified Cornstarch, Pea Protein, Sodium Carboxy Methylcellulose, Sunflower and/or Canola Oil, Salt, Glucono Delta Lactone, Baking Powder, Xanthan Gum, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron), Mono and Diglycerides, Guar Gum, Sodium Bicarbonate

Bagels

**Tapioca Rice Sesame Bagels**

White Rice Flour, Water, Tapioca Starch, Sugar, Whole Eggs, Palm Fruit Oil (Non Hydrogenated), Yeast, Sesame Seeds, Pea Protein, Modified Cornstarch, Cellulose, Sunflower Oil (May Contain Sunflower and/or Canola Oil), Salt, Glucono Delta Lactone, Sodium Carboxy Methylcellulose, KinnActive Baking Powder, Xanthan Gum, Mono and Diglycerides, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron), Sodium Bicarbonate, Guar Gum


  
 Free Of Wheat and Gluten - Always!
 

Free Of Casein	Free Of Yeast	Free Of Sugar	Free Of Soy	Free Of Eggs	Free Of Corn	Free Of Nuts	Free Of Potato
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Cookies

**KinniToos Fudge Sandwich Creme Cookies**

Icing(Icing Sugar (may contain 2-3% corn starch), non Hydrogenated Shortening(Palm Fruit and/or Canola), Cocoa Powder, Soy Lecithin, Vanilla, Salt), Sugar, Pea Starch, Potato Starch, non Hydrogenated Shortening(Palm Fruit and/or Canola), White Rice Flour, Water, Tapioca Starch, Cocoa Powder, Glucose, Pea Protein, Sodium Carboxy Methylcellulose, Salt, Pea Fibre, Vanilla, Caramel Colour, Guar Gum, Inulin, Sodium Bicarbonate, Soy Lecithin

Cookies

**Chocolate KinniKritter Animal Cookies**

Sugar, Pea Starch, Potato Starch, non Hydrogenated Shortening(Palm Fruit and/or Canola), White Rice Flour, Water, Tapioca Starch, Cocoa Powder, Glucose, Pea Protein, Sodium Carboxy Methylcellulose, Salt, Pea Fibre, Vanilla, Caramel Colour, Guar Gum, Inulin, Sodium Bicarbonate, Soy Lecithin

Cookies

**Graham Style KinniKritter Animal Cookies**

Pea Starch, non Hydrogenated Shortening(Palm Fruit and/or Canola), Potato Starch, Brown Rice Flour, Brown Sugar, Sweet Rice Flour, Tapioca Starch, Water, Rice Bran, Sugar, Blackstrap Molasses, Honey, Glucose, Salt, Sodium Bicarbonate, Pea Protein, Vanilla, Sodium Carboxy Methylcellulose, Pea Fibre, Guar Gum, Inulin, Soy Lecithin, Mono Calcium Phosphate

Cookies

**S'moreables Graham Style Crackers**

Pea Starch, Non-hydrogenated Shortening (palm fruit and/or canola), Potato Starch, Brown Rice Flour, Brown Sugar, Sweet Rice Flour, Tapioca Starch, Water, Rice Bran, Sugar, Blackstrap Molasses, Honey, Glucose, Salt, Sodium Bicarbonate, Pea Protein, Vanilla, Sodium Carboxy Methylcellulose, Pea Fibre, Guar Gum, Inulin, Soy Lecithin, mono calcium phosphate.

Cookies

**KinniKritters Animal Cookies**

Sugar, Pea Starch, Potato Starch, non Hydrogenated Shortening (Palm Fruit and/or Canola), White Rice Flour, Tapioca Starch, Water, Glucose, Pea Protein, Salt, Pea Fibre, Vanilla, Guar Gum, Sodium Carboxy Methylcellulose, Inulin, Sodium Bicarbonate, Soy Lecithin

Cookies

**KinniToos Chocolate Vanilla Sandwich Cookies**

Icing(Icing Sugar(may contain 2-3% corn starch), Non Hydrogenated Shortening(Palm Fruit and/or Canola), Vanilla, Soy Lecithin, Salt), Sugar, Pea Starch, Potato Starch, Non Hydrogenated Shortening (palm fruit and/or canola), White Rice Flour, Cocoa Powder, Water, Tapioca Starch, Glucose, Pea Protein, Salt, Sodium Carboxy Methylcellulose, Pea Fibre, Vanilla, Caramel Colour, Guar Gum, Inulin, Sodium Bicarbonate, Soy Lecithin

Cookies

**Montanas Chocolate Chip Cookies**

Chocolate Chips(sugar, chocolate liquor, cocoa butter, soya lecithin, vanilla extract), Pea Starch, non Hydrogenated Shortening (Palm Fuirt and/or Canola), Sugar, Brown Sugar, White Rice Flour, Whole Eggs, Potato Starch, Water, Salt, Vanilla, Pea Protein, Sodium Carboxy Methylcellulose, Sodium Bicarbonate, Fruit Concentrate (dextrose, dextrin, fibre), Pea Fibre, KinnActive Baking Powder (sodium acide pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), Guar Gum, Inulin

Cookies

**KinniToos Vanilla Sandwich Creme Cookies**

Icing(Icing Sugar(may contain 2-3% corn starch), Non Hydrogenated Shortening (Palm Fruit Oil and/or Canola), Soy Lecithin, Vanilla, Salt), Pea Starch, Sugar, Potato Starch, White Rice Flour, Non Hydrogenated Shortening (Palm Fruit and/or Canola), Tapioca Starch, Water, Glucose, Pea Protein, Salt, Pea Fibre, Sodium Carboxy Methylcellulose, Vanilla, Guar Gum, Inulin, Sodium Bicarbonate, Soy Lecithin, Natural Colour (glycerine, beta-carotene)

Cookies

**Ginger Snap Cookies**

Sugar, White Rice Flour, Potato Starch, non Hydrogenated Shortening (Palm Fruit and/or Canola), Whole Eggs, Tapioca Starch, Molasses, Water, Ginger, Cinnamon, Salt, Sodium Bicarbonate, Guar Gum, Sodium Carboxy Methylcellulose, Allspice

Desserts

**Tapioca Rice Cinnamon Buns**

Water, White Rice Flour, Brown Sugar, Whole Eggs, Glaze(Brown sugar, water, rice flour, tapioca starch, cinnamon, potato starch, xanthan gum, salt), Potato Starch, Sunflower and/or Canola Oil, Pea Starch, Tapioca Starch, Sugar, Yeast, Whole Egg Powder, Icing(sugar, water, glucose, cream of tartar), Malto Dextrin, Xanthan Gum, Dextrose, Pea Protein, Poly Dextrose, Fructooligosaccharide, Egg White Powder, Glucono Delta Lactone, Guar Gum, Pea Fibre, Cinnamon, Sodium Carboxy Methylcellulose, Cellulose, Sodium Bicarbonate, Salt, Inulin, Mono and Diglycerides, Sodium Stearoyl Lactylate, Fructose

Free Of Wheat and Gluten - Always! Free Of Casein Free Of Yeast Free Of Sugar Free Of Soy Free Of Eggs Free Of Corn Free Of Nuts Free Of Potato

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Desserts

**Pie Crust**

White Rice Flour, Non-hydrogenated Palm fruit or Canola Shortening, Whole Egg, Tapioca Starch, Water, Corn Starch, Potato Starch, Defatted Soy Flour, Salt, Xanthan Gum, Cellulose Gum, Guar Gum

Desserts

**JB Brownie Squares**

Sugar, Whole Eggs, Pea Starch, non Hydrogenated Shortening(Palm Fruit and/or Canola), Brown Sugar, Cocoa Powder, Tapioca Starch, Dextrose, Vanilla Extract, Pea Protein, Fructose, Sodium Carboxy Methylcellulose, Salt, Pea Fibre, KinnActive Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), Inulin

Desserts

**Fruit Cake**

Raisins, Applesauce, Cranberries, Whole Eggs, Honey, Brown Sugar, non Hydrogenated Shortening(Palm Fruit or Canola), Glazed Fruit, (Cherries, corn syrup, glucose, fructose, sodium benzoate, citric acid, artificial flavour, color, sulphur dioxide CONTAINS SULPHITES), Glazed Cherries, (Cherries, corn syrup, glucose, fructose, sodium benzoate, citric acid, artificial flavour, color, sulphur dioxide CONTAINS SULPHITES), Pea Starch, White Rice Flour, Potato Starch, Tapioca Starch, Water, Vanilla Extract, Cinnamon, Blackstrap Molasses, Sodium Carboxy Methylcellulose, Pea Protein, Salt, Pea Fibre, Guar Gum, Inulin

Donuts

**Vanilla Glazed Donuts**

Icing (sugar, water, glucose, vanilla), Sugar, White Rice Flour, Tapioca Starch, Water, Whole Eggs, Sweet Rice Flour, Palm Fruit Oil (non hydrogenated), Fructooligosaccharide, Yeast, Pea Protein, Egg Whites, Xanthan Gum, Fruit Concentrate (dextrose, dextrin, fibre), Salt, Rice Bran Extract, Cellulose, KinnActive Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), Glucono Delta Lactone, Sodium Bicarbonate, Nutmeg

Donuts

**Pumpkin Spice Donut**

Sugar, White Rice Flour, Tapioca Starch, Water, Sweet Rice Flour, Pumpkin, (Icing sugar (may contain 2-3% cornstarch), water, glucose, spices), Whole Eggs, non Hydrogenated Shortening(Palm Fruit or Canola), Pumpkin, Fructooligosaccharide, Yeast, Pea Protein, Egg Whites, Fruit Concentrate, (dextrose, dextrin, fiber), Xanthan Gum, Salt, Rice Bran Extract, Cellulose, KinnActive Baking Powder, Glucono Delta Lactone, Allspice, Sodium Bicarbonate, Nutmeg,

Donuts

**Maple Glazed Donuts**

Icing (sugar, water, glucose, caramel color(corn source), maple flavor (natural flavor, propylene glycol, water)), Sugar, White Rice Flour, Tapioca Starch, Water, Whole Eggs, Sweet Rice Flour, Non Hydrogenated Shortening (palm fruit and/or canola), Fructooligosaccharide, Yeast, Pea Protein, Egg Whites, Xanthan Gum, Fruit Concentrate(dextrose, dextrin, fibre), Salt, Rice Bran Extract, Cellulose, KinnActive Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, pea starch, monocalcium phosphate), Glucono Delta Lactone, Sodium Bicarbonate, Nutmeg

Donuts

**Chocolate Dipped Donuts**

Icing(Sugar, water, glucose, cocoa powder), Sugar, White Rice Flour, Tapioca Starch, Water, Whole Eggs, Sweet Rice Flour, non Hydrogenated Shortening(Palm Fruit and/or Canola), Fructooligosaccharide, Yeast, Pea Protein, Egg Whites, Xanthan Gum, Fruit Concentrate(dextrose, dextrin, fiber), Salt, Rice Bran Extract, Cellulose, KinnActive Baking Powder, Glucono Delta Lactone, Sodium Bicarbonate, Nutmeg

Donuts

**Cinnamon Sugar Donuts**

Sugar, White Rice Flour, Tapioca Starch, Cinnamon Coating (sugar, cinnamon), Water, Whole eggs, Sweet Rice Flour, Palm Fruit Oil (non hydrogenated), Fructooligosaccharide, Yeast, Pea Protein, Egg Whites, Xanthan Gum, Fruit Concentrate (dextrose, dextrin, fiber), Salt, Rice Bran Extract, Cellulose, KinnActive Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate) Glucono Delta Lactone, Sodium Bicarbonate, Nutmeg

Muffins

**Blueberry Muffins**

Blueberries, White Rice Flour, Sunflower and/or Canola Oil, Sugar, , Whole Eggs, Fructose, Potato Starch, Water, Tapioca Starch, Glucose, Cellulose, Dextrose, Salt, KinnActive Baking Powder, Pea Protein, Sodium Carboxy Methylcellulose

Muffins

**Carrot Muffins**

Pineapple (pineapple, Pineapple juice, citric acid), Sugar, Carrots, Pea Starch, Sunflower and/or Canola Oil(), Whole Eggs, Coconut (coconut, Sodium metabisulphate), Tapioca Starch, Salt, Sodium Bicarbonate, Pea Protein, Sodium Carboxy Methylcellulose, Pea Fibre, Vanilla Flavor, Cinnamon, Inulin

Muffins

**Chocolate Chip Muffins**

Chocolate Chips(sugar, chocolate liquor, cocoa butter, soya lecithin, vanilla extract), White Rice Flour, Sunflower and/or Canola Oil, Sugar, Water, Whole Eggs, Fructose, Potato Starch, Tapioca Starch, Glucose, Cellulose, Dextrose, Salt, KinnActive Baking Powder, Pea Protein, Sodium Carboxy Methylcellulose

Snack Items

**Lemon Poppy Seed Jumbo Muffin**

Pea Starch, Sunflower and/or Canola Oil, Sugar, Whole Eggs, Water, Tapioca Starch, Poppy Seeds, Pea Protein, Salt, Sodium Carboxy Methylcellulose, Pea Fibre, KinnActive Baking Powder, Sodium Bicarbonate, Lemon Oil, Inulin

Snack Items

**Harvest Crunch Jumbo Muffin**

Pea Starch, Sunflower and/or Canola Oil, Whole Eggs, Sugar, Pineapple Juice, Sunflower Seeds, Tapioca Starch, Water, Flax Seeds, Pea Protein, Salt, Sodium Carboxy Methylcellulose, Pea Fibre, Vanilla Extract, KinnActive Baking Powder, Inulin, Sodium Bicarbonate,

Snack Items

**Chocolate Lovers Jumbo Muffin**

Sunflower and/or Canola Oil, , Whole Eggs, Water, Pea Starch, Sugar, Chocolate Chips, (sugar, chocolate liquor, cocoa butter, soya lecithin, vanilla extract), Tapioca Starch, Cocoa Powder, Pea Protein, Salt, Sodium Carboxy Methylcellulose, Vanilla Extract, Pea Fibre, KinnActive Baking Powder, Sodium Bicarbonate, Inulin

Pizza

**Personal Size Pizza Crust**

Sweet Rice Flour, Water, Tapioca Starch, Whole Eggs, Sunflower and/or Canola Oil, Sugar, Dextrose, Cellulose, Yeast, Pea Protein, Sodium Carboxy Methylcellulose, Salt, Corn Meal

Pizza

**Personal Size Thin Crusts**

Water, Potato Starch, Pea Starch, White Rice Flour, Whole Eggs, Tapioca Starch, non Hydrogenated Shortening(Palm Fruit or Canola), Dextrose, Yeast, Xanthan Gum, Inulin, Pea Protein, Whole Egg Powder, Glucono Delta Lactone, Cellulose, Sodium Carboxy Methylcellulose, Sodium Bicarbonate, Salt, Mono Calcium Phosphate, Monoglycerides, Corn Meal

  
Free Of  
Wheat and Gluten - Always!  
Free Of Casein  
Free Of Yeast  
Free Of Sugar  
Free Of Soy  
Free Of Eggs  
Free Of Corn  
Free Of Nuts  
Free Of Potato

**Ingredients Subject To Change Without Notice**  
**Allergy Alert: Kinnikinnick Products are produced in a facility that uses Soy, Eggs and Sesame Seeds.**  
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