



Heaven & Health
GLUTEN FREE AND DAIRY FREE PRODUCTS



Heaven & Health products are made with the finest and highest quality, natural ingredients. They are nutritious and tasty baked goods that work for all types of individuals, including those who are on a gluten- and dairy-free diet.

All baked goods flour mixes and components are from healthy combinations and wholesome, non-GMO ingredients, which are naturally gluten-free and are good sources of fiber, protein, complex carbohydrates, and heart-healthy fats. Heaven and Health products are also organic (%95 organic), dairy-free, and have no preservatives or artificial flavors.

Heaven & Health Gluten-Free & Dairy-Free Products include:

Muffins

Brownies

Bread

Cookies/Tea Cakes

Granola Bars (no sugar added)

Chocolate Bites (no sugar added)

Desserts, Salads, Dips, Side Dishes & Pesto

In addition to a variety of flavors we routinely offer, we can also custom-bake any of the above products to suit your taste: savory, vegan, w/o sugar, w/o nuts, or any desired flavor/ingredient of your choice for the same price!

**To place your order, please call us at (404) 610-1561,
or email Sima at "sima@hmmuffins.com".**

WWW.HHMUFFINS.COM

Facebook: Heaven & Health Gluten-Free Products
Midtown, 500 Bishop St. NW Suite F-4 Atlanta, GA 30318



Gluten-Free & Dairy-Free Baked Products

Muffins

- Price:
 - *Medium size*: \$2.50 each; \$2.40 each with an order of a half-a-dozen; \$2.25 each with an order of a dozen
 - *Large size*: \$3.50 each; \$3.25 with an order of a half-a-dozen; \$3.00 each with an order of a dozen
- Flavors:
 - Apple Cinnamon
 - Banana Nuts
 - Blueberry; Blueberry Lemon; Blueberry with Chocolate Chips
 - Carrot Raisins
 - Cranberry Almond
 - Cherry Almond
 - Date Walnuts (topped with sesame seeds)
 - Kale Carrot Raisins
 - Mint Chocolate
 - Mango
 - Pumpkin Pecans
 - Peach
 - Raspberry; Raspberry Chocolate Chips
 - Spinach Pistachios
 - Strawberry Chocolate
 - Zucchini Walnuts

* Ingredients: flour blend (organic brown rice flour, organic coconut flour, organic flax seed meal, tapioca starch); organic eggs; grape seed oil; aluminum-free baking powder; light brown sugar; spices & sea salt

* Other ingredients, such as fruits, veggies, nuts, flavors/extracts, *etc.* may be added for custom-baked muffins.



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Brownies

- Price: \$3.25 each (~3 oz)
- Flavors:
 - Chocolate
 - Hazelnut
 - Banana
 - Orange

* Seasonal flavors, such as pumpkin and sweet potato, are available upon request.

Cookies

- Price: \$5.75 for each bag (~6 oz) containing several cookies
- Flavors:
 - Peppermint Chocolate Chip
 - Cranberry & Apricot
 - Ginger & Cinnamon
 - Banana, Oat & Walnut

* Custom ordering available.

Chocolate Bites (no sugar added)

- Price: \$7.50 for a box of 5 bites
- Flavors:
 - Cherry-flavored topped with freeze-dried raspberry/strawberry
 - Orange Caramel
 - Hazelnut

* Ingredients: organic peanut butter, %60 dark chocolate chips (chocolate liquor, sugar, vanilla, & soy lecithin), & a dash of sea salt

Pie Bars

- Price: \$3.25 each (~2.7 oz)
- Flavors:
 - Apple with Salted Caramel
 - Banana, Peanut Butter & Oatmeal Bar



Bread

- **Sandwich Loaf**
 - Price:
 - \$7.50 for a ~16 oz loaf
 - \$10 for a ~24 oz loaf
- **Ciabatta Bread**
 - Price:
 - \$1.30 for each 3.5 x 3.5 size ciabatta (\$1.15 with an order of 12 loaves and more)
 - * We can bake any size of ciabatta based on your request.

* Ingredients: organic brown rice flour, certified organic gluten-free oat flour, teff flour, rice starch, konjac root powder, grape seed oil, organic eggs, yeast, light brown sugar & sea salt

* We can custom-bake any kind of bread: plain, with sun-dried tomatoes, rosemary, or a variety of seeds (sunflower, pumpkin, fennel, flax seeds, chia seeds *etc.*).

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Gluten-Free & Dairy-Free Non-Baked Products

Desserts

- Price: \$5.25 for each 8 oz container
- Types:
 - **Chia Seeds Pudding**
 - Flavors:
 - Orange-Mango
 - Strawberry
 - Mixed Berries
 - Coconut
 - * Ingredients: organic coconut milk and cream, organic chia seeds, maple syrup
 - * Custom ordering available.
 - **Chocolate Mousse**
 - * Ingredients: avocado, organic coconut cream, cocoa powder and maple syrup
 - * Seasonal flavors, such as pumpkin and sweet potato are available upon request.



Dips, Side Dishes, Salads & Pesto

- Hummus Dish: \$10 (NW=1 lb)
- Lentil Salad: \$8 (NW=1 lb)
- Lentil Beets with Red Quinoa Salad: \$9 (NW=1 lb)
- Black Beans Salad: \$8 (NW=1 lb)
- Almond Cilantro Pesto: \$5.50 (NW=9 oz)
- Cranberry Cilantro Chutney: \$5.50 (NW=9 oz)

* More details and samples available upon request.