

ALL ITEMS AT AWESOME BITES ARE COMPLETELY FREE OF: DAIRY   EGG   SOY   NUTS*		Gluten	Gluten Free Oats	Coconut	Chickpeas	Black Beans	Pea Protein	Flaxseed	Sunflower Seed	Sesame Seed	Corn Protein <sup>1</sup>	Corn Derived <sup>2</sup>
Items / Flavors												
Super Muffins	Apple Spice	✓		✓							✓	
	Lemon Blueberry	✓	✓	✓							✓	
	Oatmeal Chocolate Chip	✓		✓							✓	
	GF Dark Chocolate			✓				✓			✓	
	GF Banana		✓	✓				✓			✓	
Beanie Bars	Beanie Brownie		✓	✓		✓		✓			✓	
	Sunflower Butter Beanie Brownie		✓	✓		✓		✓	✓		✓	
	Chocolate Chip Blondie Chick		✓	✓	✓			✓			✓	
	Sunflower Butter Blondie Chick		✓	✓	✓			✓	✓		✓	
GF Granola	Awesome Morning		✓	✓					✓			
	Banana Chocolate Chip		✓	✓					✓			
	Cocoa Coconut		✓	✓					✓			
Donuts	Varies; but those that include:		✓				✓	✓			✓	✓
	- Chocolate / Coconut		✓	✓			✓	✓			✓	✓
	- Cream Cheeze		✓	✓			✓	✓			✓	✓
	- Sunflower Butter/ Suntella		✓	✓			✓	✓	✓		✓	✓
Awesome AF* Cookies	Funfetti, London Fog, Lemon Drop, Shortbread		✓				✓				✓	
	Sunflower Butter, Dipped SFB		✓	✓					✓		✓	✓
	Chocolate Chunk, Compost, Double Chocolate		✓	✓			✓				✓	
Organic Cupcakes	Varies; but those that include:			✓			✓				✓	✓
	- not gluten free	✓	✓				✓	✓			✓	✓
	- Sunflower Butter/ Suntella			✓			✓		✓		✓	✓
N'ice Cream	Every Day Is Awesome			✓	✓							
	Caramelized Banana			✓	✓							
	Chocolate Olive Oil			✓	✓							
	Mint Chocolate Chip			✓	✓							
	Strawberry Lemonade			✓	✓							
	Lavender Earl Grey			✓	✓							
	Lemon Blueberry											
	Maple Sunflower Butter				✓				✓			
	Oatly based (Lemon Raspberry Rose)		✓									
N'ice Cream Toppings	GF Waffle Cones		✓									
	Chocolate Magic Shell			✓								
	Caramel Sauce			✓								
	S'mores - cracker, marshmallow			✓	✓							
Grab-n-Go	Salted Caramel Sauce			✓								
	Suntella Spread			✓					✓		✓	
	Sunflower Butter			✓					✓		✓	

\* The only nuts in our treats are coconuts. Per the FDA, coconuts are tree nuts; however, according to the ACAAI, it is a botanical fruit.

1 - Corn Protein - such as corn, corn meal, cornstarch found in our non gmo aluminum free baking powder

2 - Corn Derived - such as distilled vinegar that is derived from corn

GF Oats are sourced from manufacturers that only have gluten free oats in their field and facilities