



Cranberry Citrus Muffins

Gluten-Free

Dairy-Free

Soy-Free

Ingredients: flour blend (brown rice flour, potato starch, white rice flour, tapioca starch), sugar, canola oil, orange juice, dried cranberries (cranberries, sugar, sunflower oil), powdered sugar, sugar, cornstarch, eggs, navy bean flour, lemon zest, cream of tartar, baking soda, natural vanilla flavor, salt, xanthan gum. Contains eggs.

Nutrition Facts

Servings 4 Serv. Size: 1 Muffin (85g)
Amount Per Serving **Calories 380**, Total Fat 15g (21% DV), Sat. Fat 1.5g (3% DV),
Trans Fat 0g, Cholest. 20mg (7% DV), Sodium 280mg (11% DV), Total Carb. 59g (21% DV),
Fiber 2g (7% DV), Total Sugars 41g (Incl. 36g Added Sugars, 72% DV),
Protein 2g, Vit. D (0% DV), Calcium (0% DV), Iron (2% DV), Potas. (2% DV)



Net Weight: 12 oz (340g)

Kind Crumbs, LLC,
4751 3 Mile Rd NW Ste. 1
Grand Rapids, MI 49534



Apple Oat Muffins

Gluten-Free

Dairy-Free

Soy-Free

Egg-Free

Ingredients: flour blend (brown rice flour, potato starch, white rice flour, tapioca starch), cane sugar, water, canola oil, apples, certified gluten free oats, brown sugar, palm oil, navy bean flour, ground flaxseed, baking powder (cream of tartar, soda, tapioca starch), natural vanilla flavor, salt, cinnamon, xanthan gum, baking soda, psyllium husk powder. Made in a facility that also uses eggs.

Nutrition Facts

Servings 4 Serv. Size: 1 Muffin (85g)
Amount Per Serving **Calories 350**, Total Fat 15g (21% DV),
Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 280mg (11% DV), Total Carb. 51g (19% DV),
Fiber 2g (7% DV), Total Sugars 24g (Incl. 22g Added Sugars, 44% DV),
Protein 3g, Vit. D (0% DV), Calcium (2% DV), Iron (4% DV), Potas. (2% DV)



Net Weight: 12 oz (340g)

Kind Crumbs, LLC,
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Grand Rapids, MI 49534

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Pumpkin Muffins

Gluten-Free

Dairy-Free

Soy-Free

Egg-Free

Ingredients: flour blend (brown rice flour, potato starch, white rice flour, tapioca starch), sugar, pumpkin, canola oil, water, powdered sugar (sugar, cornstarch), navy bean flour, molasses, apple cider vinegar, ground flaxseed, natural vanilla flavor, baking soda, cream of tartar, cinnamon, salt, ground ginger, cloves, xanthan gum, nutmeg, apple cider vinegar. Made in a facility that also uses eggs.

Nutrition Facts

Servings 4 Serv. Size: 1 Muffin (92g)
Amount Per Serving **Calories 350**, Total Fat 12g (15% DV), Sat. Fat 1g (5% DV),
Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 340mg (15% DV), Total Carb. 60g (22% DV),
Fiber 2g (7% DV), Total Sugars 37g (Incl. 36g Added Sugars, 72% DV),
Protein 2g, Vit. D (0% DV), Calcium (2% DV), Iron (4% DV), Potas. (4% DV)



Net Weight: 12 oz (340g)

Kind Crumbs, LLC,
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Grand Rapids, MI 49534

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Apple Pie

Fully Baked

Gluten-Free

Dairy-Free

Soy-Free

Ingredients: apples, flour blend (brown rice flour, potato starch, white rice flour, tapioca starch), cane sugar, palm oil, brown sugar (sugar, cane molasses), eggs, lemon juice, water, cinnamon, salt, xanthan gum. **Contains eggs.**

Serving Instructions
Thaw your pie using one of the following methods:

- Put in the refrigerator overnight
- Leave at room temperature for 3-4 hours

After thawing, store in refrigerator for up to 3 days

Nutrition Facts Servings: 8, **Serv. Size: 1 Slice (125g)**
 Amount Per Serving: **Calories 360**, **Total Fat** 15g (19% DV), **Sat. Fat** 7g (35% DV),
Trans Fat 0g, **Cholest.** 35mg (12% DV), **Sodium** 170mg (7% DV), **Total Carb.** 54g (20% DV),
Fiber 2g (7% DV), **Total Sugars** 27g (incl. 19g Added Sugars, 38% DV),
Protein 2g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (2% DV), **Potas.** (2% DV)



Net Weight: 35 oz (1000g)
Kind Crumbs, LLC,
4751 3 Mile Rd NW Ste. I
Grand Rapids, MI 49534



Pumpkin Pie

Fully Baked

Gluten-Free

Dairy-Free

Soy-Free

Ingredients: pumpkin, pie pastry (brown rice flour, potato starch, white rice flour, tapioca starch, palm oil, eggs, lemon juice, cane sugar, water, xanthan gum, salt), coconut cream (coconut extract (70%), water), brown sugar, eggs, salt, cinnamon, ground ginger, cloves.

Serving Instructions
Thaw your pie using one of the following methods:

- Put in the refrigerator overnight
- Leave at room temperature for 2 hours

After thawing, store in refrigerator for up to 3 days

Contains: Egg

Nutrition Facts Servings: 8, **Serv. Size: 1 Slice (96g)**
 Amount Per Serving: **Calories 270**, **Total Fat** 15g (19% DV), **Sat. Fat** 10g (50% DV),
Trans Fat 0g, **Cholest.** 60mg (20% DV), **Sodium** 170mg (7% DV), **Total Carb.** 31g (11% DV),
Fiber 1g (4% DV), **Total Sugars** 15g (incl. 14g Added Sugars, 28% DV),
Protein 4g, **Vit. D** (2% DV), **Calcium** (2% DV), **Iron** (4% DV), **Potas.** (4% DV)



Net Weight: 27 oz (768g)
Kind Crumbs, LLC,
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Homestyle Dinner Rolls

Gluten-Free

Dairy-Free

Soy-Free

Egg-Free

Ingredients: water, potato starch, millet flour, tapioca starch, brown rice flour, sorghum flour, canola oil, cane sugar, ground flaxseed, white rice flour, psyllium husk powder, yeast, salt, xanthan gum, modified cellulose. **Made in a facility that also uses eggs.**

Nutrition Facts Servings: 7, **Serv. Size: 1 Roll (49g)**,
 Amount Per Serving: **Calories 130**, **Total Fat** 4g (5% DV), **Sat. Fat** 0g (0% DV),
Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 160mg (7% DV), **Total Carb.** 22g (8% DV),
Fiber 2g (7% DV), **Total Sugars** 2g (incl. 2g Added Sugars, 4% DV),
Protein 2g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (4% DV), **Potas.** (2% DV)

Net Weight: 11.5 oz (326g) • Kind Crumbs, LLC 4751 3 Mile Rd NW Ste. I, Grand Rapids, MI 49534



Pumpkin Whoopie Pies

Gluten-Free

Dairy-Free

Soy-Free

Egg-Free

Ingredients: filling (powdered sugar (sugar, cornstarch), palm oil, water, apple cider vinegar, natural vanilla flavor, salt), flour blend (brown rice flour, potato starch, white rice flour, tapioca starch), pumpkin, cane sugar, palm oil, water, ground flaxseed, baking soda, natural vanilla flavor, salt, baking powder (cream of tartar, baking soda, tapioca starch), cinnamon, ground ginger, xanthan gum. **Made in a facility that also uses eggs.**

Nutrition Facts Servings: 4, **Serv. Size: 1 Whoopie Pie (89g)**,
 Amount Per Serving: **Calories 390**, **Total Fat** 19g (24% DV), **Sat. Fat** 9g (45% DV),
Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 250mg (11% DV), **Total Carb.** 56g (20% DV),
Fiber 1g (4% DV), **Total Sugars** 37g (incl. 36g Added Sugars, 72% DV),
Protein 1g, **Vit. D** (0% DV), **Calcium** (2% DV), **Iron** (2% DV), **Potas.** (2% DV)

Net Weight: 12.5 oz (356g) • Kind Crumbs, LLC 4751 3 Mile Rd NW Ste. I, Grand Rapids, MI 49534



Pumpkin Spice Donuts

Gluten-Free

Dairy-Free

Soy-Free

Egg-Free

Ingredients: cane sugar, flour blend (brown rice flour, potato starch, white rice flour, tapioca starch), pumpkin, palm oil, water, ground flaxseed, canola oil, baking soda, natural vanilla flavor, cloves, baking powder (cream of tartar, baking soda, tapioca starch), salt, nutmeg, cinnamon, psyllium husk powder, ground ginger, xanthan gum. **Made in a facility that also uses eggs.**

Nutrition Facts Servings: 3, **Serv. Size: 1 Donut (80g)**,
 Amount Per Serving: **Calories 310**, **Total Fat** 13g (17% DV), **Sat. Fat** 6g (30% DV),
Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 320mg (14% DV), **Total Carb.** 49g (18% DV),
Fiber 2g (7% DV), **Total Sugars** 25g (incl. 24g Added Sugars, 48% DV),
Protein 2g, **Vit. D** (0% DV), **Calcium** (2% DV), **Iron** (4% DV), **Potas.** (2% DV)

Net Weight: 8.5 oz (241g) • Kind Crumbs, LLC 4751 3 Mile Rd NW Ste. I, Grand Rapids, MI 49534

