



### **PREFERRED INGREDIENTS:**

Raw, Organic, Non-GMO  
Barley Malt  
Rice Syrup  
Raw Honey  
Maple Sugar  
Maple Syrup  
Sucanat  
Date Sugar  
Blackstrap Molasses  
Raw Agave Syrup/Raw Agave Nectar  
Sea Salt/Mined Sea Salt  
Organic Sprouted Whole Grains  
Whole Organic Grain Flours  
Whole Grain Unbleached Flours  
Organic Coconut Products  
Yeast  
Non-Homogenized, Non-Pasteurized Raw Whole Cheese (Goat, Cow)  
Cold Pressed Flax Oil  
Olive Oil, Sesame Oil, Sunflower Oil, Chia Oil, Safflower Oil  
Ascorbic Acid  
Guar Gum  
Natural Dark Chocolate  
Natural Cocoa  
Carrageenan  
Locust Bean  
Xanthan  
Arrowroot Powder  
Fruit Fibers  
Raw Apple Cider Vinegar  
Raw Carob Powder  
Pure Water

### **UNDESIREABLE INGREDIENTS:**

Genetically Modified Foods, Non Organic  
Mannitol, Fructose, Sucrose, Aspartame, Saccharin, Sorbitol, Xylitol  
White Sugar, Refined Sugars, NutraSweet  
High Fructose Corn Syrup  
Sodium Chloride, Iodized Salt  
Fumigated Refined Flours  
Animal Rennet  
Synthetic Dough Conditioners  
Unnatural Preservatives, Synthetic Flavorings, Artificial Colors and Flavors  
Antibiotics, rBGH Hormones  
Hydrogenated Oils, Fractionated Oils, Synthetic Trans Fats  
Processed Grains  
Degerminated Corn  
Pearled White Rice  
Enriched Flour, Bleach White Flours, Bromated Flours  
Modified Food Starch  
Gelatin  
Alcohol  
Irradiated Foods  
Distilled Vinegar  
Nitrates, Nitrites  
Synthetic Dyes  
Smoked Products  
Artificial Binders or Fillers  
MSG