



Protein Muffins & Bars

*Protein Muffins

Single: \$4

Half-Dozen: \$16

Dozen: \$25

- **Lemon Poppyseed Protein Muffins**

A traditional lemon poppy seed muffin baked in-house with our all-organic plant-based protein powder. All the protein you need before or after your workout to get those last reps in or to recover!

- **Orange Cranberry Protein Muffins**

A protein-packed muffin made with all organic, vegan, plant-based protein powder with hints of orange and cranberries.

Protein Bars

Single: \$3

Half-Dozen: \$11

Dozen: \$19

- **Snickerdoodle Protein Bar**

A light homemade cake bar bursting with a cinnamon-sugar glaze and made with an all-organic plant-based protein powder. Great for a protein beast or a healthy option when craving a little something sweet.

- ***Apple Almond Protein Bar**

Delicious and healthy 4 ingredient protein bar made with apples, oats, almonds, and an all-organic plant-based protein powder. Gluten-Free, Vegan, and a great source of protein to get your day started or for a healthy snack when you need a boost!

****Sold at same rates as protein muffins****