

# Nutrilicious Comparison Chart

Nutrilicious Natural Bakery Products	100% Vegetarian	100% Vegan	Dairy Free & Egg Free	All Natural	No Artificial Colors or Ingredients	No MSG	Cholesterol Free	Kof-k kosher - Parve	Kof-k kosher - D.E.	Wheat Free (Organic Spelt Flour)	Unbleached Organic Wheat Flour	Unbleached Wheat Flour	No Yeast	Sugar Free	Fat Free	Reduced Fat	No Hydrogenated Oils	No Cocoa	No Refined Sugars	Maltitol - Sugar free Sweetener	No Cane Juice or Cane Sugar	Canola Oil	Soybean Oil	Molasses	Soy Flour	Soy Lecithin	Soy Protein Isolate	Nuts
	<b>Wheat Free Organic Spelt Cookies</b>																											
Oatmeal Raisin Pecan	x	x	x	x	x	x	x	x		x			x				x	x	x			x						x
Chocolate Cherry Walnut	x	x	x	x	x	x	x	x		x			x				x		x			x						x
Sugar Free Chocolate Chip	x	x	x	x	x	x	x	x		x			x	x			x		x		x				x	x		
Pinacolada				x	x	x	x	x		x			x				x		x			x						
Peppermint Chocolate Chip				x	x	x	x	x		x			x				x		x			x						
High Protein Chocolate Chip	x	x	x	x	x	x	x	x		x			x				x		x			x			x	x	x	
<b>Wheat Free Organic Spelt Donuts</b>																												
Carob Iced Donut	x	x	x	x	x	x	x		x	x			x				x	x	x			x	x	x	x	x		
Glazed Blueberry Donut	x	x	x	x	x	x	x		x	x			x				x	x	x			x	x	x	x	x		
Spelt Chocolate Donut	x	x	x	x	x	x	x		x	x			x				x		x			x	x	x	x	x		
Sugar Free Lemon Glazed	x	x	x	x	x	x	x		x	x			x	x			x	x	x		x	x	x	x	x	x		
<b>Old Fashioned Natural Juice Sweetened Donuts</b>																												
Plain Donut	x	x	x	x	x	x	x					x	x				x	x	x			x	x		x	x		
Glazed Apple Spice Donut	x	x	x	x	x	x	x					x	x				x	x	x			x	x		x	x		
Cake Donut - Carob Coated	x	x	x	x	x	x	x					x	x				x	x	x			x	x	x	x	x		
Chocolate Marble Swirl Donut	x	x	x	x	x	x	x					x	x				x		x			x	x	x	x	x		
Cinnamon Donut	x	x	x	x	x	x	x					x	x				x	x	x			x	x	x	x	x		
Pumpkin Pie	x	x	x	x	x	x	x					x	x				x	x	x			x	x		x	x		
Yogurt Glazed	x	x	x	x	x	x	x					x	x				x	x	x			x	x		x	x		
<b>Sugar Free Cookies</b>																												
Oatmeal Walnut Cookie	x	x	x	x	x	x	x					x	x	x			x	x	x		x	x	x			x		x
Vanilla Spice Cookie	x	x	x	x	x	x	x					x	x	x			x	x	x		x	x	x			x		x
<b>Fat Free Cookies</b>																												
Oatmeal Raisin Cookie	x	x	x	x	x	x	x					x	x		x		x	x	x						x	x		
<b>Brownie</b>																												
Fat-Free Brownie	x	x	x	x	x	x	x					x	x		x		x					x			x	x	x	
<b>Jumbo Natural Cookies</b>																												
Walnut Brownie w/ Carob Chip	x	x	x	x	x	x	x				x		x				x	x	x			x	x		x	x		x
Date Nut Raisin	x	x	x	x	x	x	x					x		x			x	x	x			x	x					x
Original 1921 Classic Carob Chip	x	x	x	x	x	x	x					x		x			x	x	x			x	x		x	x		
Banana Pecan Classic	x	x	x	x	x	x	x					x		x			x	x	x			x	x					x
Coconut Macaroon Cookie w/ CC	x	x	x	x	x	x	x					x		x			x	x	x			x	x			x		x
<b>Low Carb Cookies</b>																												
Almond Biscotti	x	x	x	x	x	x	x			x			x	x			x	x	x		x	x			x			x
Walnut Biscotti	x	x	x	x	x	x	x			x			x	x			x	x	x		x	x			x			x
Windmill Walnut Oatmeal				x	x	x	x			x			x				x	x	x		x	x			x			x
Almond Chocolate Chip	x	x	x	x	x	x	x			x			x				x	x	x		x	x			x			x
<b>Low Carb Donuts</b>																												
Vanilla Glazed	x	x	x	x	x	x	x					x	x	x			x	x	x		x	x	x		x			x
Chocolate w/ Chocolate Glaze	x	x	x	x	x	x	x					x	x	x			x		x		x	x	x		x			x