



Healthy Baking Never Tasted So Good!

If you are gluten sensitive, diabetic, or just want to eat healthier, but you'd still like to enjoy a nice dessert, then you've no doubt explored a lot of options and found most sorely lacking. Gluten-free, low-glycemic foods that actually taste good are rare. But if you want the most delicious desserts, breads, and bars around, look no further. At Bless Your Heart Specialty Baking, we bake products that are so tasty, you'd never know they were gluten-free. Our philosophy is that you shouldn't have to suffer to eat healthfully!

Found at these fine establishments:



The Natural Alternative
NUTRITION CENTER



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Cafe Menu

Breakfast

Heart Throb

Breakfast sandwich includes two waffles, scrambled eggs, and bacon or ham.

Lunch

Heartfelt

Classic turkey and cheese on sourdough with vine-ripened tomato, organic greens, and a touch of mayo or mustard spread.

Thankful Heart

Nitrate-free oven-roasted turkey over specialty focaccia bread that tastes like Thanksgiving stuffing with sage and cranberry, filled with organic greens and jack cheese.

Light Hearted (Vegan)

A vegan chipotle black bean burger on your choice of delicious fresh gluten-free vegan buns with chipotle sauce, organic greens, vine-ripened tomato, and avocado.

Heart's Desire

Delicious housemade meatloaf (mom's recipe) hot or cold on sourdough bread with a touch of mayo, organic greens, and vine-ripened tomatoes.

Heart & Soul

Nitrate-free salami with lactose-free pepper jack cheese on our delicious rosemary garlic gluten-free buns, lightly flavored with mayo or mustard spread, organic greens, vine-ripened tomato, and cucumber.

Heart Stopper

Classic bacon, lettuce, and tomato on a sourdough bun with mayo. Add avocado if you're looking for a little extra deliciousness.

Heart on Your Sleeve

Our house-made rotisserie chicken salad with celery, apple, cranberry, and mayo. On a gluten-free bun lightly filled with organic greens and vine-ripened tomato.

Heart of Gold

Egg salad mixed with mayo and celery, filled lightly with organic greens and vine ripened tomatoes.

Bakery

Be sure to try something from our selection of gluten-free baked goods!



Cupcakes/Muffins

Pies

Cookies

Cakes

Dessert Bars

Breads

**Blessed Energy
Bars**

**Diva Artisan
Crackers**

Fresh Cold-Pressed Juice



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