

List of non-dairy milks:

Organic Non-GMO Almond Milk- Unsweetened

1 C:

Calories	Carbohydrates (g)	Proteins (g)	Fats (g)
30	1	1	2.5

Organic Non-GMO Soy milk- Unsweetened

1 C:

Calories	Carbohydrates (g)	Proteins (g)	Fats (g)
90	4.5	7	4.5

Organic Non-GMO Hemp Milk- Unsweetened

1 C:

Calories	Carbohydrates (g)	Proteins (g)	Fats (g)
80	1	2	8

Organic Non-GMO Flax Milk- Unsweetened

1 C

Calories	Carbohydrates (g)	Proteins (g)	Fats (g)
25	1	0	2.5

Organic Non-GMO Cashew Milk- Unsweetened

1 C

Calories	Carbohydrates (g)	Proteins (g)	Fats (g)
25	1	1	2

Gluten and Grain containing flours- Use ONLY on rare occasions:

Organic unbleached Spelt Flour

1/4 C:

Calories	Carbohydrates (g)	Proteins (g)	Fats (g)
140	25	4	1

Organic Quinoa Flour

1/4 C:

Calories	Carbohydrates (g)	Proteins (g)	Fats (g)
110	7	10	3

Organic Oat Flour

1/4 C:

Calories	Carbohydrates (g)	Proteins (g)	Fats (g)
120	21	4	2