



INGREDIENTS

Almond butter, gluten free rolled oats, honey, chocolate protein powder, unsweetened shredded coconut

[simplysweetbycindy.com](https://www.simplysweetbycindy.com)



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.

Almond Joy Energy Balls:

Serving Size 1 Ball

Calories (kcal) 98

Fat (g) 6.4

-Saturated (g) 0.9

-Polyunsaturated (g) 1.3

-Monounsaturated (g) 3.7

-Trans (g) 0

Cholesterol (mg) 0.4

Sodium (mg) 9.6

Potassium (mg) 104.4

Carbohydrates (g) 7.6

-Dietary Fiber (g) 1.7

-Sugars (g) 1

Protein (g) 4.2

Vitamin A (%) 0

Vitamin C (%) 0

Calcium (%) 2.3

Iron (%) 3.3

Magnesium (mg) 0



INGREDIENTS

Almond butter, honey, vanilla extract, cinnamon, flaxseed, chia seeds, vanilla protein powder, dairy free chocolate chips

simplysweetbycindy.com



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.

Chocolate Chip Energy Balls:

Serving Size 1 Ball

Calories (kcal) 134

Fat (g) 8.4

-Saturated (g) 1.2

-Polyunsaturated (g) 1.4

-Monounsaturated (g) 0.4

-Trans (g) 0

Cholesterol (mg) 0.4

Sodium (mg) 8.8

Potassium (mg) 14.6

Carbohydrates (g) 8.7

-Dietary Fiber (g) 2.9

-Sugars (g) 4.8

Protein (g) 6.1

Vitamin A (%) 0

Vitamin C (%) 0

Calcium (%) 1.5

Iron (%) 2.7

Magnesium (mg) 0



INGREDIENTS

Medjool dates, cashews, vanilla protein powder, dried blueberries, lemon juice, lemon zest

simplysweetbycindy.com



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.



Lemon Blueberry Energy Balls:

Serving Size 1 Ball

Calories (kcal) 82

Fat (g) 3.6

-Saturated (g) 0.6

-Polyunsaturated (g) 0.6

-Monounsaturated (g) 1.9

-Trans (g) 0

Cholesterol (mg) 0.4

Sodium (mg) 5.7

Potassium (mg) 115.9

Carbohydrates (g) 10.5

-Dietary Fiber (g) 1.7

-Sugars (g) 7.3

Protein (g) 3.2

Vitamin A (%) 0.4

Vitamin C (%) 2.3

Calcium (%) 1.2

Iron (%) 3.5

Magnesium (mg) 0



INGREDIENTS

Medjool dates, walnuts, unsweetened cocoa powder, flaxseed, chia seeds, chocolate protein powder, peppermint extract, sea salt

[simplysweetbycindy.com](https://www.simplysweetbycindy.com)



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.

Mint Brownie Energy Balls:

Serving Size 1 Ball
Calories (kcal) 138
Fat (g) 6.1
-Saturated (g) 0.7
-Polyunsaturated (g) 4.3
-Monounsaturated (g) 1
-Trans (g) 0
Cholesterol (mg) 0.8
Sodium (mg) 19.5
Potassium (mg) 200.6
Carbohydrates (g) 19.1
-Dietary Fiber (g) 3
-Sugars (g) 15.4
Protein (g) 3.9
Vitamin A (%) 0.9
Vitamin C (%) 0.3
Calcium (%) 2.8
Iron (%) 3.1
Magnesium (mg) 0



INGREDIENTS

Almond butter, honey, vanilla extract, cinnamon, flaxseed, chia seeds, gluten free rolled oats, vanilla protein powder, raisins

[simplysweetbycindy.com](https://www.simplysweetbycindy.com)



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.



Oatmeal Raisin Energy Balls:

Serving Size 1 Ball
Calories (kcal) 124
Fat (g) 7.1
-Saturated (g) 0.8
-Polyunsaturated (g) 0.2
-Monounsaturated (g) 0
-Trans (g) 0
Cholesterol (mg) 0.4
Sodium (mg) 9.8
Potassium (mg) 47.6
Carbohydrates (g) 8.8
-Dietary Fiber (g) 2.7
-Sugars (g) 1.8
Protein (g) 6.2
Vitamin A (%) 0
Vitamin C (%) 0
Calcium (%) 0.8
Iron (%) 3.7
Magnesium (mg) 0



INGREDIENTS

Almond butter, gluten free rolled oats, honey, chia seeds, vanilla protein powder, matcha powder, unsweetened shredded coconut

[simplysweetbycindy.com](https://www.simplysweetbycindy.com)



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.

Matcha Energy Balls:

Serving Size 1 Ball

Calories (kcal) 104

Fat (g) 6

-Saturated (g) 1.2

-Polyunsaturated (g) 1.4

-Monounsaturated (g) 2.8

-Trans (g) 0

Cholesterol (mg) 0

Sodium (mg) 6.2

Potassium (mg) 95.6

Carbohydrates (g) 9

-Dietary Fiber (g) 2.1

-Sugars (g) 3.5

Protein (g) 4.5

Vitamin A (%) 0

Vitamin C (%) 0

Calcium (%) 2

Iron (%) 2.3

Magnesium (mg) 0



INGREDIENTS

Almond butter, honey, coconut oil, vanilla extract, flaxseed, quinoa, gluten free rolled oats, pistachios, almonds, dairy free chocolate chips

[simplysweetbycindy.com](https://www.simplysweetbycindy.com)



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.

Chocolate Pistachio Quinoa Bars:

Serving One 1 Bar
Calories (kcal) 312
Fat (g) 18.6
-Saturated (g) 2.9
-Polyunsaturated (g) 4.9
-Monounsaturated (g) 7.6
-Trans (g) 0
Cholesterol (mg) 0
Sodium (mg) 1.7
Potassium (mg) 176.1
Carbohydrates (g) 32
-Dietary Fiber (g) 6.5
-Sugars (g) 12.7
Protein (g) 9.1
Vitamin A (%) 0.2
Vitamin C (%) 0.2
Calcium (%) 7.6
Iron (%) 11.6
Magnesium (mg) 0



INGREDIENTS

Medjool dates, walnuts, pecans, pistachios, unsweetened cocoa powder, chia seeds, coconut oil, vanilla extract, salt, unsweetened shredded coconut, dried cranberries, dairy free chocolate chips

[simplysweetbycindy.com](https://www.simplysweetbycindy.com)



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.

Superfood Brownies:

Serving One 1 Bar

Calories (kcal) 232

Fat (g) 11.9

-Saturated (g) 5

-Polyunsaturated (g) 2.6

-Monounsaturated (g) 1.8

-Trans (g) 0

Cholesterol (mg) 0

Sodium (mg) 0.1

Potassium (mg) 280.9

Carbohydrates (g) 33.7

-Dietary Fiber (g) 6

-Sugars (g) 26.8

Protein (g) 2.9

Vitamin A (%) 1.6

Vitamin C (%) 0.4

Calcium (%) 3.4

Iron (%) 5

Magnesium (mg) 0



INGREDIENTS

Peanut butter, gluten free rolled oats, honey, coconut oil, vanilla extract, chia seeds, vanilla protein powder, unsweetened shredded coconut, dairy free chocolate chips

[simplysweetbycindy.com](https://www.simplysweetbycindy.com)



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.

Chocolate Coconut Protein Bars:

Serving One 1 Bar

Calories (kcal) 354

Fat (g) 19.7

-Saturated (g) 6.8

-Polyunsaturated (g) 0.3

-Monounsaturated (g) 0.2

-Trans (g) 0

Cholesterol (mg) 0

Sodium (mg) 21

Potassium (mg) 83.2

Carbohydrates (g) 28.3

-Dietary Fiber (g) 5.3

-Sugars (g) 11.7

Protein (g) 14.9

Vitamin A (%) 0

Vitamin C (%) 0

Calcium (%) 0.6

Iron (%) 6.6

Magnesium (mg) 0



INGREDIENTS

Almond butter, gluten free rolled oats, honey, coconut oil, cinnamon, flaxseed, vanilla protein powder, dried blueberries

[simplysweetbycindy.com](https://www.simplysweetbycindy.com)



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.

Blueberry Protein Bars:

Serving One 1 Bar

Calories (kcal) 259

Fat (g) 10.8

-Saturated (g) 1.4

-Polyunsaturated (g) 1

-Monounsaturated (g) 0.2

-Trans (g) 0

Cholesterol (mg) 1.3

Sodium (mg) 89.8

Potassium (mg) 65.6

Carbohydrates (g) 29.8

-Dietary Fiber (g) 5.1

-Sugars (g) 13.6

Protein (g) 10

Vitamin A (%) 0

Vitamin C (%) 0

Calcium (%) 1.8

Iron (%) 6.6

Magnesium (mg) 0





INGREDIENTS

Gluten free all-purpose flour, gluten free rolled oats, baking soda, sea salt, cinnamon, nutmeg, flaxseed, coconut sugar, powdered sugar, coconut oil, unsweetened almond milk, vanilla extract, shredded carrots, pecans, raisins, unsweetened shredded coconut

simplysweetbycindy.com



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.

Carrot Cake Cookies:

Serving 1 Cookie

Calories (kcal) 175

Fat (g) 9.1

-Saturated (g) 6.5

-Polyunsaturated (g) 0.6

-Monounsaturated (g) 1.2

-Trans (g) 0

Cholesterol (mg) 0

Sodium (mg) 56.4

Potassium (mg) 104.7

Carbohydrates (g) 21.6

-Dietary Fiber (g) 2.6

-Sugars (g) 5

Protein (g) 2.8

Vitamin A (%) 13.3

Vitamin C (%) 1.1

Calcium (%) 2

Iron (%) 3.5

Magnesium (mg) 0



INGREDIENTS

Almond flour, coconut flour, baking soda, sea salt, flaxseed, poppyseeds, coconut sugar, powdered sugar, coconut oil, almond extract, lemon juice, lemon zest

simplysweetbycindy.com



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.

Lemon Poppyseed Cookies:

Serving 1 Cookie

Calories (kcal) 142

Fat (g) 9.1

-Saturated (g) 5

-Polyunsaturated (g) 0.2

-Monounsaturated (g) 0.4

-Trans (g) 0

Cholesterol (mg) 0

Sodium (mg) 46.5

Potassium (mg) 86.5

Carbohydrates (g) 12.7

-Dietary Fiber (g) 1.7

-Sugars (g) 8.8

Protein (g) 3.1

Vitamin A (%) 0

Vitamin C (%) 6

Calcium (%) 21.3

Iron (%) 1.8

Magnesium (mg) 0



INGREDIENTS

Gluten free oat flour, gluten free rolled oats, baking soda, sea salt, flaxseed, coconut sugar, coconut oil, vanilla extract, unsweetened shredded coconut, dairy free chocolate chips

[simplysweetbycindy.com](https://www.simplysweetbycindy.com)



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.

Oatmeal Chocolate Chip Cookies:

Serving 1 Cookie

Calories (kcal) 160

Fat (g) 11.5

-Saturated (g) 9

-Polyunsaturated (g) 0.2

-Monounsaturated (g) 0.4

-Trans (g) 0

Cholesterol (mg) 0

Sodium (mg) 44.7

Potassium (mg) 115.8

Carbohydrates (g) 12

-Dietary Fiber (g) 2.9

-Sugars (g) 3

Protein (g) 2.4

Vitamin A (%) 0

Vitamin C (%) 0

Calcium (%) 0.5

Iron (%) 4

Magnesium (mg) 0



INGREDIENTS

Almond flour, vanilla protein powder, baking soda, sea salt, flaxseed, coconut oil, maple syrup, almond butter, vanilla extract, dairy free chocolate chips

[simplysweetbycindy.com](https://www.simplysweetbycindy.com)



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.



Protein Chocolate Chip Cookies:

Serving 1 Cookie
Calories (kcal) 286
Fat (g) 23.4
-Saturated (g) 8.5
-Polyunsaturated (g) 4
-Monounsaturated (g) 9.5
-Trans (g) 0
Cholesterol (mg) 0.4
Sodium (mg) 55.3
Potassium (mg) 267.5
Carbohydrates (g) 14.3
-Dietary Fiber (g) 4.1
-Sugars (g) 7.2
Protein (g) 8.2
Vitamin A (%) 0
Vitamin C (%) 0
Calcium (%) 7.3
Iron (%) 7.8
Magnesium (mg) 0



INGREDIENTS

Almond butter, gluten free rolled oats, honey, coconut oil, cinnamon, flaxseed, vanilla protein powder, dairy free chocolate chips

simplysweetbycindy.com



Simply Sweet by Cindy is a home-based bakery working under NYS Cottage Laws. Please be aware - we are not a vegan/gluten free bakery. We use wheat, eggs, milk, tree nuts and peanuts in our regular, non vegan gluten free items.



Chocolate Chip Protein Bars:

Serving One 1 Bar

Calories (kcal) 287

Fat (g) 13.8

-Saturated (g) 3.2

-Polyunsaturated (g) 1

-Monounsaturated (g) 0.2

-Trans (g) 0

Cholesterol (mg) 1.3

Sodium (mg) 89.8

Potassium (mg) 65.6

Carbohydrates (g) 30.6

-Dietary Fiber (g) 4.9

-Sugars (g) 14.4

Protein (g) 10.4

Vitamin A (%) 0

Vitamin C (%) 0

Calcium (%) 1.4

Iron (%) 5.9

Magnesium (mg) 0