

CHOCOLATE PB PROTEIN DONUT



To enjoy warm: heat for 15-30 seconds in microwave

COCONUT BUTTER GLAZE



1. Reheat in microwave for 10-15 seconds
2. Stir, and enjoy!

CRUMB DONUT



To enjoy warm: heat for 15-30 seconds in microwave

GOAT CHEESE FROSTING



1. Defrost completely in the refrigerator, and then enjoy with your TMC pastry.
If still frozen, reheat for 15 seconds and then stir

KETO BLUEBERRY MUFFINS



1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp

LOW-CARB COFFEE CAKE



1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp

PALEO CINNAMON RAISIN BREAD



1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp

SAUSAGE MUFFINS



1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp