



J. Bells Bakes

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Banana Balls - No sugar!

Bananas, dates, walnuts, whole oats & flax meal.
Sample: 2/1.50 or 12/7.00 (buy extras to put in your freezer. Thaw and serve.)

Breakfast Cookie

Proven Popular - Low fat / Low Sugar
Whole wheat flour, coconut, raisins, pecans, grape nuts, & applesauce
Sample: 1.00 or 12/9.00

Vegan Tofu Brownies

Cocoa, tofu, applesauce, powdered sugar, (walnuts optional) No fat!
8 x 8 pan / 9.00

Grandma Mac's Scones:

Whole wheat flour, pecans, dried Michigan cherries, orange and yogurt.
1.00 each or 12 / 9.00

Jamaican Banana Bread:

Bananas, lime, coconut, pecans, whole wheat flour, coconut flour and Appleton Rum
4.00 - 6 x 2 mini loaf, 7.00 - 7 x 3 loaf

Sour Cream Cookies:

Cut out and baked for you from my Great Grandma.
Take some home to decorate with your family!
8.00 / dozen

Church Windows:

Marshmallows, chocolate, coconut, walnuts rolled into a "log". Comes frozen. You slice, thaw and serve.
6.00 / log



Organic Quiche - Spelt Crust:

- *VEGGIE -spinach, mushroom, sweet onion, tomato, swiss
- *MEAT LOVERS -ham, sausage, bacon, potato, cheddar
- *BLTc -bacon, spinach, tomato, cheddar
- *Ham, asparagus, cheddar

12.00 each



Butternut Squash

Onion, marsala, cream, and salt. Garnished with pine nuts, bacon and parsley.

Chicken Tortilla Soup

Chicken, diced tomato, corn, black beans and tortillas. Garnished with lime /cilantro cream and toasted tortilla strips.

Soups- 3.00 / cup 10.00 / quart