

Holey® Donuts!

Great Tasting Donuts
without the fat and calories

- Low Fat, Guilt Free!
- Handmade
- No Artificial Sweeteners



FAT COMPARISON

1 Donut	Holey Donuts!	3-4 g vs 15-24 g	DUNKIN' DONUTS
4 Donut Holes	Holey Donuts!	3g vs 10 g	Entenmann's
1 Cinnamon Bun	Holey Donuts!	5g vs 24-56 g	CINNABON

Directions

What to do now that your very own, great tasting, Holey Donuts! have arrived!

Donuts, Donut Holes & Cinnamon Buns

- Unpack and place boxes in your freezer until ready to serve.
 - Gently thaw donuts, donut holes or cinnamon buns in your microwave.
- All microwave ovens vary, so we recommend starting in 5 to 10 second intervals until soft and slightly warm. The goal is to thaw but not make piping hot (careful, filling can get hotter than expected if overheated)*.

**You may also use the "natural" method to thaw the donuts, cinnamon buns and donut holes at room temperature, but remember to keep products in their boxes with the cover closed until soft (closing the cover is critical to thaw with maximum moisture for the best eating experience).*

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www.holeydonuts.net

Holey Donuts! uses the same high quality ingredients, but a greatly reduced fat product. We use the same high quality ingredients found in traditional donuts that we all know and love. The magic is in our unique cooking process that avoids deep frying. It takes 22 steps to create each hand made low fat treat. We avoid artificial sweeteners, fat substitutes and whenever possible, the high fat ingredients found in ordinary donuts.

Base donut: Enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), dextrose, soybean oil, salt, leavening (sodium acid pyrophosphate, baking soda), mono and diglycerides (TBHQ, citric acid added as preservatives), sodium stearoyl lactylate (dough conditioner), vegetable color (annatto, turmeric), Yeast, purified water.

Chocolate Flavored Fon Dip Icing: Sugar, corn syrup, water, soybean oil, cocoa processed with alkali, soy lecithin, chocolate liquor, salt, sorbic acid (as preservative), natural and artificial flavor, propylene glycol, corn starch, dextrose, xanthan gum.

Vanilla Flavored Fon Dip Icing: Sugar, corn syrup, water, soybean oil, titanium dioxide (as color), potassium sorbate and sorbic acid (as preservatives), artificial flavor, corn starch, dextrose.

Caramel Frosting: Sugar, corn syrup, water, cocoa processed with alkali, soy lecithin, chocolate liquor, salt, sorbic acid (as preservative), natural and artificial flavor, propylene glycol, corn starch, dextrose, xanthan gum.

Donut Glaze: Sugar, water, corn starch, corn syrup, food starch-modified, wheat starch, agar, guar gum, potassium sorbate (as preservative), citric acid, silicon dioxide, artificial flavor, dextrose.

Premium Bavarian Crème Filling: Water, high fructose corn syrup, food starch-modified, sugar, corn syrup, soybean oil, salt, sorbic acid and sodium benzoate (as preservatives), titanium dioxide as color, mono & diglycerides with bht and citric acid as preservatives, artificial flavor, phosphoric acid, agar, propylene glycol, yellow 5, yellow 6.

Apple Raspberry Filling: Water, high fructose corn syrup, sugar, food starch-modified, red raspberries, dextrose, apple juice, agar, citric acid, sodium benzoate and potassium sorbate (as preservatives), propylene glycol, carrageenan, red 40, artificial flavor.

Select Blueberry Pie Filling: Blueberries, water, corn syrup, sugar, food starch-modified, natural and artificial flavors, sodium benzoate and potassium sorbate (as preservative), malic acid, salt, citric acid, sodium citrate.

Lemon Filling: Water, high fructose corn syrup, food starch-modified, sugar, corn syrup, lemon puree, citric acid, soybean oil, propylene glycol, sodium citrate, propylene glycol alginate, sodium benzoate and potassium sorbate (as preservatives), salt, locust bean gum, polysorbate 60, natural flavor, yellow 5.

Apple Filling: Water, high fructose corn syrup, food starch-modified, sugar, corn syrup, lemon puree, citric acid, soybean oil, propylene glycol, sodium citrate, propylene glycol alginate, sodium benzoate and potassium sorbate (as preservatives), salt, locust bean gum, polysorbate 60, natural flavor, yellow 5.

Strawberry Filling: Water, high fructose corn syrup, sugar, food starch-modified, red raspberries, dextrose, apple juice, agar, citric acid, sodium benzoate and potassium sorbate (as preservatives), propylene glycol, carrageenan, red 40, artificial flavor.

Banana Filling: Water, corn syrup, high fructose corn syrup, strawberries, food starch-modified, sugar, evaporated apples (preserved with sulfur dioxide), citric acid, sodium benzoate and potassium sorbate (as preservatives), salt, propylene glycol, sodium citrate, red 40, yellow 5, gellan gum, artificial flavor.

Low Fat Crumb Topping: Sugar, enriched wheat flour bleached (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), nonfat dry milk, food starch modified, leavening (baking soda, sodium aluminum phosphate), dry egg whites, maltodextrin, wheat starch, salt, corn flour, pea fiber, dextrose, daterm, mono & diglycerides, guar gum, propylene glycol ester, corn starch, soy lecithin, natural and artificial flavor, sodium stearoyl lactylate, soybean oil, glycerol monooleate, propylene glycol, tricalcium phosphate, oleoresin paprika, apo carotenal, water, polysorbate 60, turmeric (as color), polysorbate 80, sodium sulphate, citric acid, alpha tocopherols as preservatives), water, apples, yogurt (cultured reduced fat milk and concentrated skim milk), cinnamon, baking powder, potassium sorbate, sodium bicarbonate, sorbic acid.

Streusel Topping: zero trans grade margarine (liquid soybean oil, palm oil, water, salt, mono and di-glycerides, soybean lecithin, natural flavor, annatto color, vitamin a palmitate), sugar, cinnamon, vanilla extract.

Angel Flake Coconut: coconut, sugar, water, propylene glycol (preserves freshness), salt, sodium metabisulfite (retains coconut whiteness).

Toasted Coconut: coconut, sugar, water, propylene glycol (preserves freshness), salt, sodium metabisulfite (retains coconut whiteness).

Graham Cracker Topping: enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, graham flour (whole grain wheat flour), canola oil and/or soybean oil and/or palm oil and/or palm kernel oil, high fructose corn syrup, molasses, honey, salt baking soda.

Oreo Cookie Topping: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), sugar, high oleic canola oil and/or palm oil and/or canola oil, cocoa (processed with alkali), dextrose, high fructose corn syrup, baking soda, salt, cornstarch, soy lecithin (emulsifier), vanilla, chocolate.

Ground Cinnamon

Common Allergens - Contains wheat and traces of milk, soy and egg.