

ABOUT OUR BAKED GOODS

We Bake with:

- 100% SPELT FLOUR
- 100% PLANT-BASED INGREDIENTS
- NO EGGS, DAIRY, OR SOY
- NO REFINED SUGARS OR OILS.

LARGER QUANTITIES AVAILABLE FOR PARTIES, EVENTS, & FAMILY GATHERINGS.

WE CREATE VARIETY BOXES THAT INCLUDE A COMBINATION OF ANY OF OUR BAKED GOODS.

VISIT OUR SOCIAL MEDIA PAGES FOR INFORMATION ON OUR SUBSCRIPTION PACKAGES TO SATISFY YOUR SWEET TOOTH IN A TASTY AND HEALTHY WAY.



EDCHC BAKERY

ETHIOPIAN DYNASTY CULTURAL HEALTH CREATIONS
BAKERY

"WHERE HEALTHY INGREDIENTS ARE THE STANDARD,
NOT THE EXCEPTION"



EDCHC BAKERY IS A REGISTERED HOME-PROCESSOR BAKERY. OUR PRODUCTS ARE DAIRY-FREE, SOY-FREE, EGG-FREE, REFINED SUGAR-FREE, & REFINED OIL-FREE.

**WE OFFER FREE DELIVERY!!
(INQUIRE FOR DETAILS)**

Email:

info.edchcbakery@gmail.com

Call or Text
(502) - 378 - 2196



@edchcbakery



Blueberry Walnut Banana Bread



ABOUT US

EDCHC Bakery essentially started in my family's kitchen. As a family we always sought and used the best and the healthiest ingredients to nourish our children's growth. There is a word that we always say to refer to the food preparation process and ingredients that they used. This word is "ital", pronounced "eye-tahl". It is a word that is synonymous with words like "natural", "from nature", and "pure".

Ingredients like spelt flour, teff, coconut (in various forms), and wet sugar/piloncillo are normal everyday food to us.

We would like to share that "ital" culture of our children's childhood and family's tradition with you one baked good at a time.



Walnut Struesel Crumb Delights

HERE IS A LITTLE INFORMATION ABOUT THE INGREDIENTS WE USE IN EACH OF OUR BAKED GOODS

SPELT

- *CONSIDERED AN ANCIENT GRAIN TO WHEAT.*
- *MORE NUTRIENT-DENSE THAN REFINED FLOUR. LOADED WITH NUTRIENTS SUCH AS MAGNESIUM, IRON, AND B-COMPLEX VITAMINS.*
- *WHOLE SPELT FLOUR INCLUDES THE ENTIRE GRAIN-(BRAN, ENDOSPERM, GERM)*

COCONUT

- *RICH IN MINERALS SUCH AS MANGANESE, IRON, AND COPPER.*
- *CONTAINS ANTIFUNGAL AND ANTIMICROBIAL PROPERTIES.*
- *GOOD SOURCE OF ANTIOXIDANTS*

EVAPORATED CANE JUICE

- *MADE FROM 100% CANE JUICE.*
 - *USED AS A SWEETENER THROUGHOUT THE WORLD AND HAS MANY OTHER NAMES SUCH AS WET SUGAR. JAGGERY, AND PILONCILLO.*
 - *UNREFINED AND UNBLEACHED THEREFORE IT RETAINS THE NUTRIENTS THAT OCCUR NATURALLY IN SUGARCANE SUCH AS CALCIUM, IRON, PHOSPHORUS, AND B VITAMINS.*
-

OUR PRODUCTS

COCONUT ALMOND CRANBERRY OATMEAL COOKIES (*BESTSELLER*)

PEANUT BUTTER COOKIES (*MADE WITH HOMEMADE PEANUT BUTTER*)

OATMEAL COCOCHIP LACTATION COOKIES

STRAWBERRY OAT ALMOND BITES

BLUEBERRY OAT ALMOND BITES

COCOA CAKE WITH COCOA FROSTING

SPICED CARROT CAKE WITH CANDIED COCONUT TOPPING

GLAZED CINNAMON ROLLS

GLAZED COCONUT FIG SWEET BUNS

SPELT SANDWICH BUNS

WALNUT STRUESEL CRUMB DELIGHTS

MINI BLUEBERRY MUFFINS

GRANOLA BARS

MAPLE ALMOND CRUNCH GRANOLA

BANANA BREAD

BLUEBERRY WALNUT BANANA BREAD

"MINT MELODY" HERBAL TEA BAGS

POPCORN (REGULAR OR SEASONED)