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### HOME GROWN DELICIOUSNESS (CONTINUED)

"Everyone should be able to enjoy a sweet treat without all the refined sugar, caffeine and dairy. Those ingredients don't really work for me and I know I'm not alone. My goal is to be the healthier, better-for-you-treat because we're always going to want something indulgent," says Feinhor-Dennis who enjoys watching people become instant carb lovers when they try her confections. [OhYesYouCandy.com](http://OhYesYouCandy.com)

### Wholly Bites

Lisa Turner is on fire to change the world with her Paleo-friendly snack company Wholly Bites, maker of grain-free, gluten-free Paleo clusters. Sweet, crunchy clusters are packed with organic fruits, nuts and seeds, then sweetened with dates and pure honey and sprinkled with a hefty dose of superfoods like chia, hemp, cacao nibs and flax.

"We want to be more than a delicious crunchy snack. We believe in social benefits and we're mission-driven and values-oriented. We want to help promote healthy lifestyle changes that include education about the benefits of a plant-based Paleo diet focused on plant foods and unprocessed foods," says Turner.

"I grew up on farms in North Carolina, hence my deep love for food and good nutrition. We had bee hives and you could go out and reach in and pull the honey out of the hive," says Turner, whose passion for her mission is obvious when she declares Wholly Bites to be a small company with big plans. [WhollyBites.com](http://WhollyBites.com)



### Birch Benders

Side up to the breakfast bar and indulge in a plate of outstanding homemade pancakes made by Birch Benders Micro-Pancakery, quite possibly the company responsible for invigorating a lagging and dormant category—pancakes.

Birch Benders founders Matt LaCasse and Naomi Honig upset the pancake world when they introduced a natural and organic, just-add-water pancake mix in a jar in 2011. The award-winning mixes require water only—no eggs, oil or milk need to be added—a unique feature which adds to the products' convenience. They offer seven tempting flavors including classic ginger spice, white chip macadamia nut and gluten-free in jars or re-sealable pouches.

Hats off to Birch Benders Micro-Pancakery for paying homage to the micro-brewery culture and producing a craft food product in small batches so friends could gather to enjoy it. After all, who eats pancakes alone? [BuyPancakes.com](http://BuyPancakes.com)

