

# save room for dessert

## THESE VEGAN BAKERIES DON'T WANT YOUR SWEET TOOTH TO FALL OUT

BY NICOLE QUIROZ

Vegans and vegetarians have slim pickings when it comes to satisfying their sweet tooth. Most baked goods found at local bakeries and supermarkets are made with processed ingredients such as milk, sugar, flour and preservatives — making it pretty tough to find specialty snacks that don't include ingredients that were mixed with chemicals. But there is good news. There are bakeries in San Diego that offer vegan and vegetarian baked goods made with the finest organic ingredients available. Oh, and you don't have to be vegan or vegetarian to enjoy these yummy and healthy treats.



### STEPHANIE'S BAKERY

4879 Voltaire Street, Ocean Beach  
619.221.0285 | [www.stephaniesbakery.com](http://www.stephaniesbakery.com)

Walking down the aisle anytime soon? Stephanie's Bakery in Ocean Beach creates one-of-a-kind vegan wedding cakes — a unique touch to any ceremony. Every cake that comes out of the oven at Stephanie's is made from scratch and by hand. (The most popular cake is Passion Vanilla.) The bakery is also widely known for its delicious vegan strudels. Customers can sink their teeth into a wide variety of flavors including spinach, apple or Black Forest (a customer favorite). Other than cakes and strudels, the bakery also offers delicious vegan and vegetarian cinnamon rolls, cookies and cupcakes, making Stephanie's a one-stop shop.

### ALL VEGAN

4669 Park Blvd., University Heights  
619.299.4669 | [www.allveganshopping.com](http://www.allveganshopping.com)

The epitome of a sweet tooth can be found here. Since opening its doors in 2003, All Vegan, located in University Heights, has been serving the vegan community with sweet essentials that are hard to find in regular shops and supermarkets. Many of its customers are avid fans of the shop's selection of satisfying vegan Belgium chocolates, dark chocolates and white chocolate chips. The store also has a variety of vegan caramels and marshmallows. But don't be fooled; although these sweet treats may be vegan, they taste just the same as the stuff at the market — they're just healthier.

### FRANKLY NATURAL BAKERS

7740 Formula Place, San Diego  
858.536.5910 | [www.franklynatural.com](http://www.franklynatural.com)

Dubbed as the "best tasting natural snacks on the planet," Frankly Natural Bakers lives up to its reputation. All goods that go out the doors of this family-owned wholesale bakery are made from scratch using premium, all-natural ingredients. The bakery sells an exclusive line of vegan treats called Vegan Decadence, which features cappuccino brownies, double chocolate cookies and chocolate blondies. Frankly Natural Bakers also carries gluten-free energy bars and brownies, wheat-free squares and cookies, organic shortbreads and a large variety of vegan cookies — perfect on-the-go treats.

### MARCIESWEETS

858.259.2633 | [www.marciesweets.com](http://www.marciesweets.com)

Chocolate lovers rejoice! Organic chocolates are not only delicious, but are very healthy, too. MarcieSweets' Green Earth Chocolates are regal in the realm of vegan chocolates. Among the popular are the C.A.R.ma Mix, which contains chocolate chips, almonds and raisins, and The Secret, which is a mix of chocolate macadamia nuts and raisins. The best part about MarcieSweets is that all of its products are not only organic, but also fair trade (farmers and workers receive a fair price for their product). All of the packaging products are made out of corn, making them earth-friendly as well. Products are available through the company's Web site and at Seaside Market and Harvest Ranch Foods.