



Local Producer



Healthy Hight's Special Diet Breads & Desserts

Mona Hight
Louisville, KY
Founded in October 2005

Like a growing number of people today, founder Mona Hight suffered from food induced health issues. When she could not find any baked goods at stores that met her doctor's prescription, she started making her own. Over time friends with similar needs due to food allergies, diabetes and immune system disorders asked her to bake for them. Now she and a team of master bakers create fresh daily breads, cookies, cakes, muffins and pies that are gluten, nut, soy, hydrogenated oil, and artificial ingredient free; fruit sweetened and low salt.