



# Choco'Nut

# Cinnamon Roll

**Ingredients:** Organic Dates, Organic Gluten Free Oats, Organic Coconut, Organic Cacao Powder, Organic Cacao Nibs.  
**Manufactured in a Facility that also processes:** Egg, Peanuts, Almond, Cashew, Walnut, Coconut.

**NET WT:** 8 oz (227g)

**Packing:** 8/CASE



Nutrition Facts	
5 Servings per container	3 pops (45g)
Amount Per Serving	
<b>Calories</b>	<b>210</b>
%Daily Value*	
Total Fat 7g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 35 g	13%
Dietary Fiber 8g	29%
Total Sugars 17 g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0 mcg	0%
Calcium 52 mg	4%
Iron 1.8 mg	10%
Potassium 0 mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Ingredients:** Organic Dates, Organic Gluten Free Oats, Organic Raisins, Organic Cinnamon.  
**Manufactured in a Facility that also processes:** Egg, Peanuts Almond, Cashew, Walnut, Pecan, Coconut.

**NET WT:** 8 oz (227g)

**Packing:** 8/CASE



Nutrition Facts	
5 Servings per container	3 pops (45g)
Amount Per Serving	
<b>Calories</b>	<b>160</b>
%Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 38 g	14%
Dietary Fiber 6 g	21%
Total Sugars 22 g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0 mcg	0%
Calcium 52 mg	4%
Iron 1.08 mg	6%
Potassium 0 mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Morning Mocha

# Peanut Butter Crunch

**Ingredients:** Organic Dates, Organic Coffee, Organic Cacao Powder.  
**Manufactured in a Facility that also processes:** Egg, Peanuts Almond, Cashew, Walnut, Pecan, Coconut.

**NET WT:** 8 oz (227g)

**Packing:** 8/CASE



Nutrition Facts	
5 Servings per container	3 pops (45g)
Amount Per Serving	
<b>Calories</b>	<b>180</b>
%Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 36 g	13%
Dietary Fiber 8 g	29%
Total Sugars 22 g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0 mcg	0%
Calcium 78 mg	6%
Iron 1.08 mg	6%
Potassium 0 mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Ingredients:** Organic Dates, Organic Gluten Free Oats, Organic Peanut Butter (Organic Dry Roasted Peanuts), Organic Dry Roasted Peanuts.

**Contains:** Peanuts

**Manufactured in a Facility that also processes:** Egg, Peanuts Almond, Cashew, Walnut, Pecan, Coconut.

**NET WT:** 8 oz (227g)

**Packing:** 8/CASE



Nutrition Facts	
5 Servings per container	3 pops (45g)
Amount Per Serving	
<b>Calories</b>	<b>210</b>
%Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 30 mg	1%
Total Carbohydrate 31 g	11%
Dietary Fiber 6 g	21%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0 mcg	0%
Calcium 52 mg	4%
Iron 1.08 mg	6%
Potassium 0 mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

