

# NUTRITIONAL FACTS

SMALL BATCH ORGANICS

## 8-oz Bags Granola Bark Sampler

### Coconut Toffee Granola Bark

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	<b>about 1.5 bars (38g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	9%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 45mg	2%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 5g Added Sugars	10%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 92mg	2%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: chocolate, (unsweetened chocolate, cane sugar, cocoa butter), oats, maple syrup, almonds, milled corn, coconut chips, quinoa, virgin coconut oil, brown rice flour, cane sugar, butter, vanilla extract, sea salt

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## Coffee Bean Granola Bark

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	<b>about 1.5 bars (38g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	8%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 45mg	2%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 5g Added Sugars	10%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 2mg	10%
Potassium 113mg	2%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: chocolate, (unsweetened chocolate, cane sugar, cocoa butter), oats, maple syrup, almonds, milled corn, coffee beans, quinoa, virgin coconut oil, brown rice flour, cane sugar, butter, vanilla extract, sea salt

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## Cherry Granola Bark

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	about 1.5 bars (38g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	9%
Saturated Fat 3.5g	18%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 4g Added Sugars	8%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 91mg	2%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: chocolate, (unsweetened chocolate, cane sugar, cocoa butter), oats, maple syrup, dried cherries (sugar, sunflower oil) almonds, milled corn, quinoa, virgin coconut oil, brown rice flour, cane sugar, vanilla extract, sea salt

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## Cranberry Maple Crunch Granola Bark

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	about 1.5 bars (38g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 131mg	2%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: chocolate, (unsweetened chocolate, cane sugar, cocoa butter), oats, maple syrup, almonds, cornflakes (cornmeal fruit juice) quinoa, virgin coconut oil, brown rice flour, cranberries, cane sugar, vanilla extract, sea salt

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## Peppermint Granola Bark

Nutrition Facts	
6 servings per container	
<b>Serving Size</b>	<b>about 1.5 bars (38g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	10%
Saturated Fat 4g	20%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 45mg	2%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 9g Added Sugars	18%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2mg	10%
Potassium 138mg	2%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: chocolate, (unsweetened chocolate, cane sugar, cocoa butter), oats, maple syrup, almonds, cornflakes (cornmeal fruit juice) quinoa, virgin coconut oil, cane sugar, brown rice flour, peppermint chips (brown rice syrup, natural peppermint flavor, natural color), sea salt

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## Dark Chocolate Sea Salt

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	<b>about 1.5 bars (38g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	9%
Saturated Fat 4g	20%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 128mg	2%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: chocolate, (unsweetened chocolate, cane sugar, cocoa butter), oats, maple syrup, almonds, milled corn, quinoa, virgin coconut oil, brown rice flour, cane sugar, sea salt, vanilla extract