

NUTRITIONAL FACTS

DAILY CRUNCH

Cherry Berry Sprouted Nut

Nutrition Facts	
4 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 148mg	4%
<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>	

Ingredients: Sprouted Almonds, Sprouted Walnuts, Sprouted Cashews, Dried Upcycled Cherries, Dried Blueberries (Sweetened With Applejuice).

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Sprouted Cacao and Sea Salt

Nutrition Facts	
4 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 2mg	10%
Potassium 229mg	4%
<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>	

Ingredients: Sprouted Almonds, Cacao Mix (Dutched Cocoa Powder, Organic Cocoa Butter, Water), Organic Coconut Sugar, Maca Powder, Vanilla, Sea Salt.

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Plain Almond Sprouted

Nutrition Facts	
4 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 1mg	6%
Potassium 190mg	4%
<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>	

Ingredients: Sprouted Almonds.

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Sprouted Turmeric + Sea Salt

Nutrition Facts	
4 servings per container	
Serving size	(28g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 7g	3%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 1.1mg	6%
Potassium 205mg	4%
<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>	

Ingredients: Sprouted Almonds, Nutritional Yeast, Coconut Aminos, Turmeric, Onion Powder Sea Salt, Black Pepper.

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DAILY CRUNCH

Dill Pickle Almond

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container		Total Fat 9g	12%	Total Carbohydrate 10g	4%
Serving size 1 oz (28g)		Saturated Fat 1g	5%	Dietary Fiber 4g	14%
Calories per serving 150		Trans Fat 0g		Total Sugars 1g	
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 140mg	6%	Protein 7g	
		Vitamin D 0mcg 0% • Calcium 63mg 4% • Iron 1mg 6% Potassium 180mg 4%			
		<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>			

Ingredients: Sprouted Almonds, Pepitas, Upcycled Pickles (Cucumbers, Vinegar, Salt, Garlic, Dill Mustard Seed, Peppercorn, Allspice, Coriander, Bay Leaf, Turmeric, Natural Mineral Salt), Tapioca Starch, Apple Cider Vinegar Powder, Onion Powder, Parsley.