

# NUTRITIONAL FACTS

PURELY SPROUTED

## Apple Cinnamon:

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 oz (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 160mg	4%
Magnesium 60mg	15%
<small>* 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.</small>	

## Ingredients:

Proprietary sprouted blend (sprouted pumpkin seeds, sprouted cashews, sprouted almonds, protein crisp (pea protein, rice starch), psyllium husk (fiber)), apple (apple, sugar, citric acid, cinnamon), molasses, sprouted walnuts, tapioca syrup, soluble fiber from cassava root, less than 2% of: cinnamon, coconut oil, vanilla extract, sea salt, lemon powder, apple powder, coconut sugar, spice

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## Orange Ginger

<b>Nutrition Facts</b>	
About 4 servings per container	
<b>Serving size</b>	<b>1 oz (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes 5g Added Sugars	<b>10%</b>
Sugar Alcohol 0g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 150mg	4%

\*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:

Proprietary sprouted blend (sprouted pumpkin seeds, sprouted cashews, sprouted almonds, protein crisp (pea protein, rice starch), psyllium husk), molasses, crystallized ginger (ginger, sugar), tapioca syrup, soluble fiber from cassava root, unsweetened coconut, less than 2% of: coconut oil, spice, vanilla extract, sea salt, orange oil, lemon powder

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## Sweet & Salty

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 oz (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes 3g Added Sugars	<b>6%</b>
Sugar Alcohol 0g	
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.5mg	8%
Potassium 100mg	2%
<small>* 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.</small>	

## Ingredients:

Proprietary Sprouted Blend (Sprouted Pumpkin Seeds, Sprouted Cashews, Sprouted Pumpkin Seeds Protein Crisp (Pea Protein, Rice Starch), Psyllium Husk), Maple Syrup, Unsweetened Coconut, Raisins, Chocolate (Cane Sugar, Unsweetened Chocolate, Non-Dairy Cocoa Butter), Cranberries (Juice Infused), Soluble Fiber from Cassava Root, Tapioca Syrup, Less Than 2% Of: Vanilla, Coconut Oil, Sea Salt