

NUTRITIONAL FACTS

SUSIE'S SMART COOKIE

(12) 3.57 oz. Omega Breakfast Cookies
Banana Coconut

Nutrition Facts	Amount/Serving	% DV *	Amount/Serving	% DV *
	1 serving per container	Total Fat 19g	25%	Total Carb. 51g
Serv. Size 1 cookie (100g)	Sat. Fat 6g	28%	Fiber 6g	20%
Calories 400 per serving	<i>Trans Fat</i> 0g		Total Sugars 19g	
	Cholest. 35mg	11%	Incl. 15g Added Sugars	30%
	Sodium 240mg	10%	Protein 8g	
	Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 2.4mg 15% Potassium 190mg 4%			

INGREDIENTS: Oats, King Arthur Special Wheat Flour, Oil, Canola, Honey, Sugars, Brown, Butter, Without Salt, Egg, Whole, Raw, Frozen, Pastuerized, Apples, dried unsulphured, Flaxseed, ground, Coconut, Dried Unsweetened,, Vinegar, Distilled, oat fiber, Leavening Agents, Baking Soda, Banana Flavor 22 91 0154, Vanilla Extract, Salt, Table, cultured wheat starch, xanthan gum

CONTAINS: Coconut, Eggs, milk, Wheat

NUTRITIONAL FACTS

SUSIE'S SMART COOKIE

Cocoa

Nutrition Facts	Amount/Serving	% DV *	Amount/Serving	% DV *
	1 serving per container	Total Fat 19g	24%	Total Carb. 49g
Serv. Size 100 g	Sat. Fat 5g	26%	Fiber 6g	22%
Calories 390 per serving	<i>Trans Fat</i> 0g		Total Sugars 19g	
	Cholest. 40mg	14%	Incl. 15g Added Sugars	31%
	Sodium 240mg	10%	Protein 8g	
	Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 3.5mg 20% Potassium 240mg 6%			

INGREDIENTS: Oats, King Arthur Special Wheat Flour, Honey, Sugars, Brown, Oil, Canola, Butter, Without Salt, Apples, dried unsulphured, Egg, Whole, Raw, Frozen, Pastuerized, Flaxseed, ground, Beverages, Water, Tap, Well, natural cocoa powder, Vinegar, Distilled, oat fiber, Chocolate Emulsion Flavor (Gold Coast: 354261), Leavening Agents, Baking Soda, Vanilla Extract, Salt, Table, cultured wheat starch, xanthan gum

CONTAINS: Eggs, milk, Wheat