



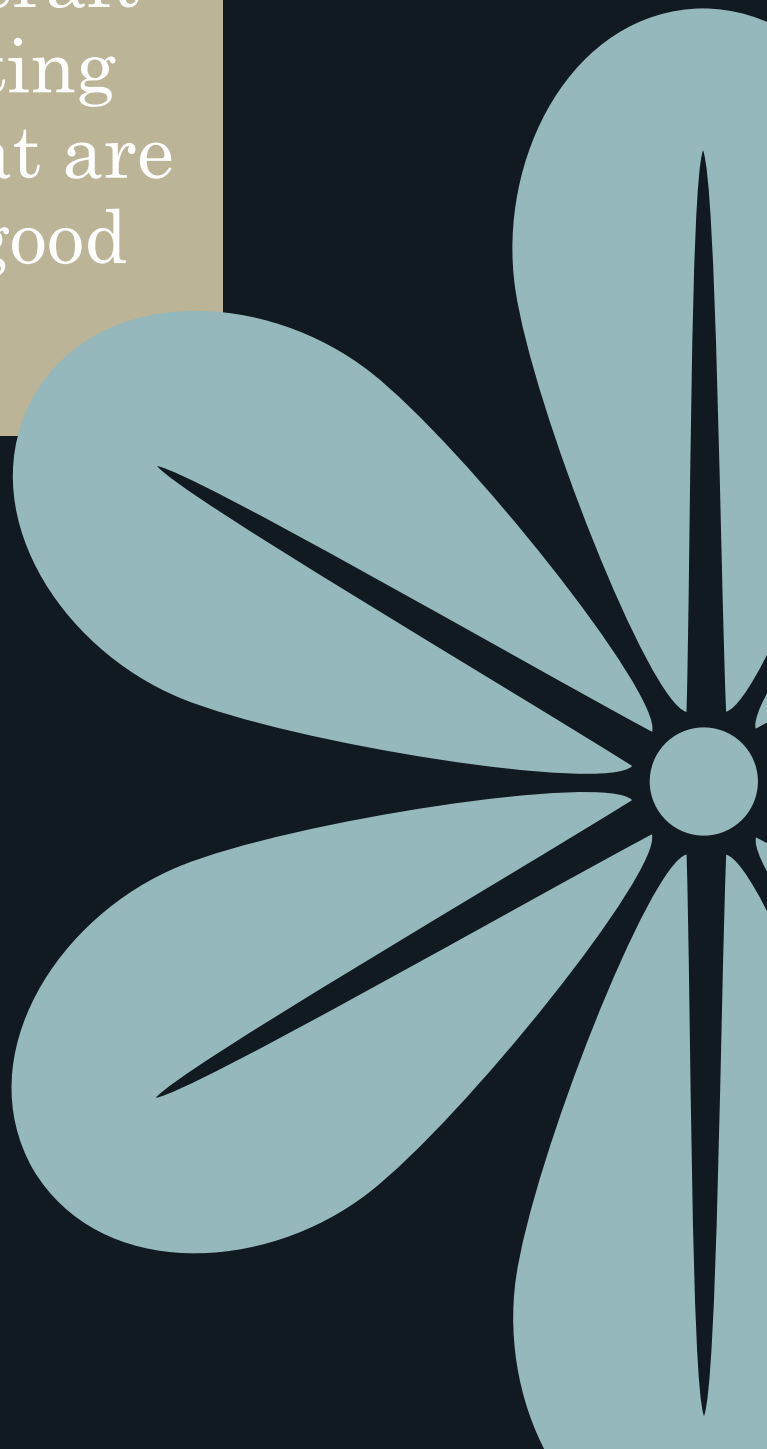
kitzlivingfoods.com.au

PRODUCT CATALOGUE



OUR MISSION

To hand-craft
great tasting
treats that are
actually good
for you.



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WHO WE ARE

Born in the family kitchen in 2006, Kitz Living Foods has flourished into a thriving business. Fully HACCP certified, we are a family-owned, eco-conscious team of food lovers who are zealous about bringing healthy, delicious vegan alternatives into your life.

Owners Mandy and Scott, together with their children Aila and Rowan, are always having fun concocting new products for our ever-growing range.

WHAT WE DO

At Kitz, we specialise in nutritious snacks that meet the strict requirements of vegans, raw foodies and allergy sufferers, yet are still delicious even if you don't have any dietary restrictions. All hand-crafted in our kitchen in South Murwillumbah, New South Wales, many of our products are also suitable for those following a paleo, keto, low-carb or ayurvedic diet. We are constantly experimenting with new ingredients and recipes, ensuring our range is continually evolving to meet the needs of our customers and changes in market demand.

RAW, ACTIVATED AND DEHYDRATED

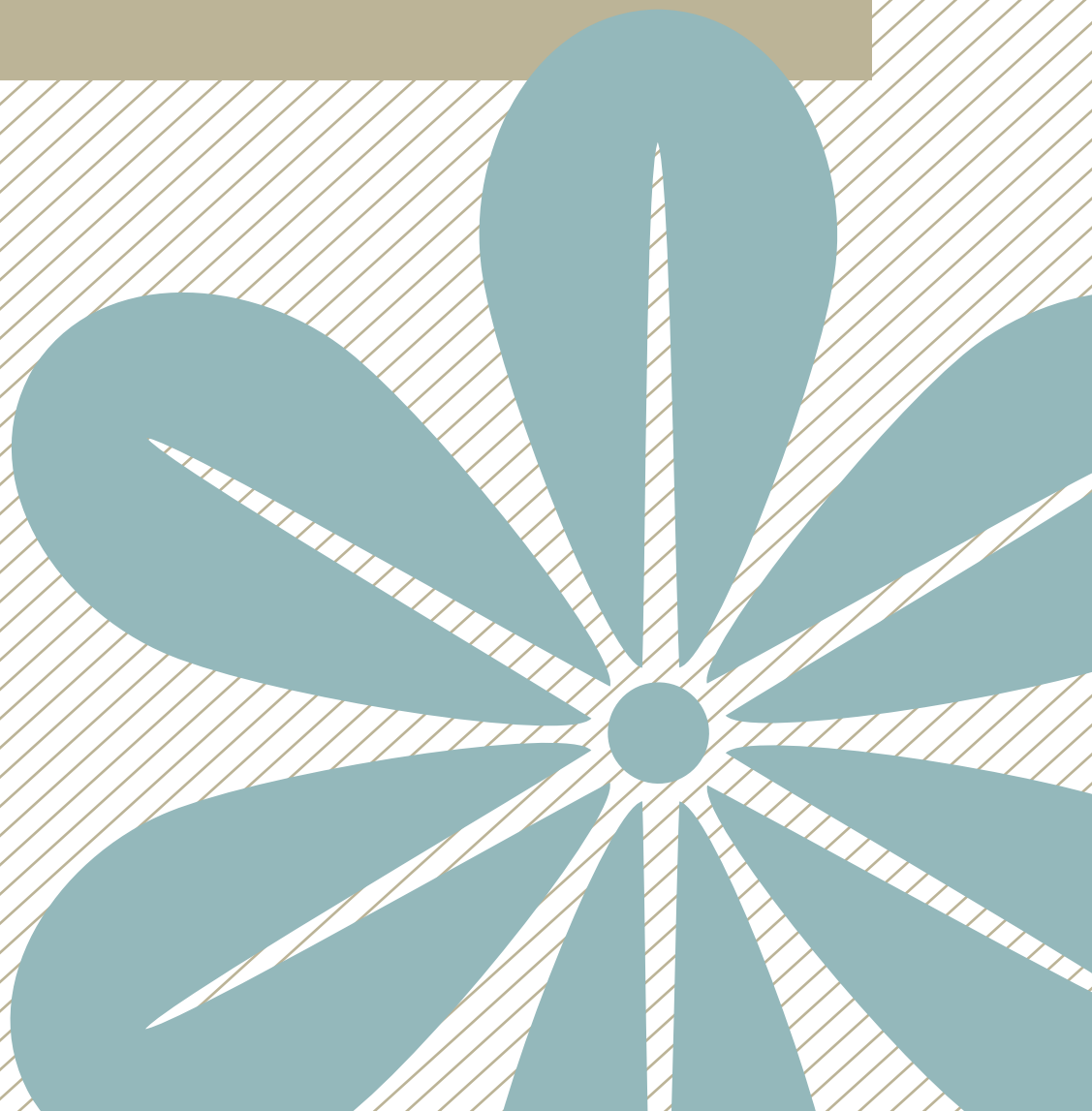
All of our nuts and seeds are soaked overnight in filtered water to 'activate' the ingredients, breaking down the naturally occurring enzyme inhibitors such as phytic acid, making them easier to digest. Then we slowly dehydrate them at low temperatures so they remain 'alive and raw'. This is our way of ensuring your body absorbs the maximum amount of nutrition possible from our products.

OUR ENVIRONMENTAL COMMITMENT

We are green and proud of it. Our factory is powered exclusively by 100% renewable energy and all of our retail packaging is 100% compostable. We prefer to source ingredient from our own bio-region if possible, to reduce food miles.

OUR PHILOSOPHY

Simple. No artificial
anything, ever.
Healthy, plant based
food, made with love.



ALLERGENS

All of our products are free from: gluten, wheat, dairy, yeast, eggs, peanuts, fish, shellfish, and refined sugar. Made in a facility that handles tree nuts, sesame and soy.

FRESH

We manufacture our products daily and carry only a small inventory of finished product to ensure our customers receive the freshest stock possible. All of our products are manufactured with a twelve month shelf life and are designed to be stored at normal room temperature.

LEGEND

- P** Paleo friendly
- NF** Nut-free
- LC** Low-carb (under 8g carbs/100g)
- SS** Single serve bars available



CRACKERS

Our signature products – a true labour of love, but worth every minute. Hand-spread and hand-cut, these ‘activated’ crackers come in a range of fantastic flavours and are absolutely jam packed with nutrients.

With a dip or spread, or even topped with your favourite sandwich fillings for a fabulous mealtime treat, just one or two of our crackers are enough to satisfy even the fiercest of appetites. Instead of using carb-loaded croûtons, try crumbling one of our crackers and sprinkling it over your salad or soup. Quick, easy and absolutely divine, we have a cracker to suit everyone’s tastes.

Packaged in environmentally friendly compostable bags.

Available in 100g retail packs.

12 FLAVOURS TO CHOOSE FROM:

Chilli Salsa P NF LC

Curry Buckwheat NF

Fresh Herb P NF LC

Fresh Herb, Dulse & Spirulina P NF LC

Gourmet 4 Seed P NF LC

Italian Herb & Garlic P NF LC

Mexican Buckwheat NF

Mini Pizza P LC

Rosemary & Black Pepper P NF LC

Savoury 4 Seed P NF LC

Southern BBQ P NF LC

Tomato & Basil P NF

Chilli Salsa Crackers

Feel the heat. A tastebud-tingling blend of activated sunflower and flax seeds, tomato and spices, with just the right amount of firepower. Great with your favourite taco toppings for an easy Mexican night. Perfect with guacamole and a slice of vine ripened tomato. Enjoy topped with black beans and cilantro for an easy fast meal. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds* flax seeds(37%)*, carrots*, tomato paste*, onion *, cumin*, cajun seasoning (black pepper*, natural sea salt, fennel*, paprika*, mustard*, garlic *, sage*, chilli*(0.4%), thyme*)

*Certified organic ingredient



CSC100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	619 kJ	2060 kJ
Protein	5.6 g	8.7 g
Fat, total	12.6 g	42 g
- saturated	1.1 g	3.6 g
Carbohydrate	1.0 g	3.3 g
- sugars	0.8 g	2.5 g
Sodium	184 mg	614 mg
Gluten	nil detected	nil detected



Curry Buckwheat Crackers

Organic activated buckwheat, sunflower and flax seeds combined with a generous helping of aromatic curry powder makes these crackers curry-licious. If you love curry, these crackers are for you. They are great served with grilled eggplant, curried veggies or a Moroccan tagine. Made with activated seeds and buckwheat. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Buckwheat(34%)*, sunflower seeds*, flax seeds*, carrots*, curry powder(3%) (coriander*, cumin*, fennel*, mustard*, pepper*, turmeric*, chilli*, garlic *, extra virgin olive oil*, coconut*, sultanas*, natural sea salt

*Certified organic ingredient



CBC100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	544 kJ	1810 kJ
Protein	4.4 g	14.6 g
Fat, total	8.1 g	27.0 g
- saturated	0.8 g	2.7 g
Carbohydrate	7.9 g	26.3 g
- sugars	0.9 g	3.1 g
Sodium	195 mg	651 mg
Gluten	nil detected	nil detected



Fresh Herb Crackers

We start with an activated flax and sunflower seed base, then add a mild herb mix making these gluten-free crackers extremely versatile. Try them topped with hummus, Kalamata olives and grated carrots with a drizzle of olive oil and sea salt. They are also great as a base for a spring greens salad sandwich. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds(51%)*, flax seeds*, carrots*, tomato paste*, mixed herbs(1%)(marjoram*, basil*, oregano*, rosemary*, thyme*), garlic *, natural sea salt

*Certified organic ingredient



FHC100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	628 kJ	22090 kJ
Protein	5.7 g	19.0 g
Fat, total	112.9 g	43.0 g
- saturated	1.1 g	3.6 g
Carbohydrate	0.7 g	2.4 g
- sugars	0.6 g	2.1 g
Sodium	154 mg	514 mg
Gluten	nil detected	nil detected



Fresh Herb Dulse & Spirulina Crackers

We start with a base of activated golden flax and sunflower seeds, then gently mix with organic dulse flakes and spirulina. Know the power of green. Delightfully green and beautiful, these assertive crackers are best with mild dips or spreads. Try with grilled tofu, then a quick wash of wasabi for a sensuous taste sensation. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds(51%)*, flax seeds*, carrots*, tomato paste*, dulse(1%)*, spirulina(1%)*, mixed herbs (marjoram*, basil*, oregano*, rosemary*, thyme*), natural sea salt

*Certified organic ingredient



FHDS100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	629 kJ	2100 kJ
Protein	5.8 g	19.5 g
Fat, total	12.8 g	42.7 g
- saturated	1.1 g	3.6 g
Carbohydrate	0.9 g	2.9 g
- sugars	0.6 g	2.1 g
Sodium	73 mg	243 mg
Gluten	nil detected	nil detected



Gourmet 4 Seed Crackers

Activated flax, sunflower seeds, pepitas and chia make for the crunchiest crackers. They contain no garlic or onion. Try them dipped in warm pumpkin soup. They are also great crumbled over a fresh garden salad or as a base for a salad sandwich. Drizzle with plenty of olive oil, vinegar and a sprinkle of black pepper. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Flax seeds*(34%), sunflower seeds*(33%), pepitas*(25%), chia seeds*(8%)

*Certified organic ingredient



G4SC100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	692 kJ	2310 kJ
Protein	6.2 g	20.8 g
Fat, total	13.8 g	46.0 g
- saturated	1.4 g	4.7 g
Carbohydrate	2.4 g	8.0 g
- sugars	0.4 g	1.4 g
Sodium	5 mg	16 mg
Gluten	nil detected	nil detected



Italian Herb & Garlic Crackers

We start with activated flax and sunflower seeds, then mix with a lavish helping of garlic and herbs to make this cracker one of our most popular. Try this one topped with avocados, sprouts and black pepper. They are also great with fresh ripe tomato, oregano, olive oil and a pinch of salt. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds*, flax seeds*, carrots*, tomato paste*, Italian herb blend (1%)(marjoram*, oregano*, basil*, rosemary*, thyme*, onion *), garlic*(1%), natural sea salt

*Certified organic ingredient



IHGC100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	622 kJ	2070 kJ
Protein	5.7 g	18.9 g
Fat, total	12.6 g	42.1 g
- saturated	1.1 g	3.6 g
Carbohydrate	1.0 g	3.4 g
- sugars	0.8 g	2.7 g
Sodium	170 mg	566 mg
Gluten	nil detected	nil detected



Mexican Buckwheat Crackers

Activated buckwheat, sunflower and golden flax seeds mixed with authentic Mexican spices produce our 'south of the border' cracker. These are great served with avocados and ground sea salt or tomatoes and fresh cilantro. Try serving with black beans and sprinkled with chopped jalapeño and onion. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Buckwheat*(34%), sunflower seeds*, flax seeds*, carrots*, tomato paste*, onion*, cumin*, cajun seasoning (2%)(black pepper*, natural sea salt, fennel*, paprika*, mustard*, garlic *, sage*, chilli*, thyme*), extra virgin olive oil*

*Certified organic ingredient



MBC100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	542 kJ	1810 kJ
Protein	4.4 g	14.6 g
Fat, total	8.1 g	27.0 g
- saturated	0.8 g	2.6 g
Carbohydrate	7.7 g	25.6 g
- sugars	0.7 g	2.5 g
Sodium	196 mg	653 mg
Gluten	nil detected	nil detected



Mini Pizza Crackers

With a base of activated almonds, flax and sunflower seeds, these crackers are mild, hearty and filling. Enjoy topped with vegan cheese, fresh tomato and garlic. They are also delicious topped with grilled veggies like zucchini or eggplant. Try them with your favourite pizza toppings tonight. Made with activated seeds and nuts. Dehydrated at low temperatures for optimal taste and nutrition.

Contains nuts.

INGREDIENTS

Sunflower seeds*, **almonds***, flax seeds*, carrots*, Italian herb mix (marjoram*, oregano*, basil*, rosemary*, thyme*, garlic *, onion *), natural sea salt.

Contains nuts.

*Certified organic ingredient



PIZ100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	643 kJ	2140 kJ
Protein	5.7 g	18.9 g
Fat, total	13.3 g	44.4 g
- saturated	1.1 g	3.6 g
Carbohydrate	1.0 g	3.2 g
- sugars	0.9 g	2.8 g
Sodium	171 mg	571 mg
Gluten	nil detected	nil detected



Rosemary & Black Pepper Crackers

Transport yourself to a summer garden with the fragrant blend of organic rosemary, activated flax and sunflower seeds and a medley of herbs. They make a great sandwich base or are ideal for mild dips like hummus. There is no tomato or onion in these crackers. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds*, flax seeds*, carrots*, rosemary*(1.5%), garlic*, black pepper*(1.5%), natural sea salt, rosemary essential oil*(1%)

*Certified organic ingredient



RBPC100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	618kJ	2060 kJ
Protein	5.6 g	18.7 g
Fat, total	12.8 g	42.5 g
- saturated	1.1 g	3.6 g
Carbohydrate	0.9 g	3.1 g
- sugars	0.7 g	2.2 g
Sodium	172 mg	574 mg
Gluten	nil detected	nil detected



Savoury 4 Seed Crackers

Activated flax, sunflower seeds, pepitas and chia are the base of this garlic infused cousin of our Gourmet 4 Seed Crackers. This cracker stands up to any dip or makes a base for a sandwich. Try them with hummus, cucumber slices and green olives. Also great crumbled over a green salad or dipped into your favourite soup. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds*(35%), flax seeds*(29%), pepitas*(19%), chia seeds*(7%), carrots*, herb blend (marjoram*, basil*, rosemary*, oregano*, thyme*), onion*, garlic*, natural sea salt

*Certified organic ingredient



S4SC100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	633 kJ	2110 kJ
Protein	5.7 g	19.0 g
Fat, total	12.4 g	41.4 g
- saturated	1.2 g	4.1 g
Carbohydrate	2.5 g	8.3 g
- sugars	0.7 g	2.3 g
Sodium	145 mg	482 mg
Gluten	nil detected	nil detected



Southern BBQ Crackers

Activated flax and sunflower seeds form the base of this spicy BBQ cracker. Enjoy this cracker with beans or fish, slices of ripe avocado and sunflower sprouts, then drizzled with olive oil and a sprinkle of freshly ground pepper. They are also great with diced tomato and Kalamata olives. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds*, flax seeds*, carrots*, BBQ seasoning blend (4%)(natural sea salt, paprika*, cumin*, black pepper*, chilli powder*, garlic*, nutmeg*, oregano*, sultanas*, tomato paste*, apple cider vinegar*

*Certified organic ingredient



SBBQ100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	595 kJ	1980 kJ
Protein	5.2 g	17.5 g
Fat, total	11.8 g	39.2 g
- saturated	1.0 g	3.3 g
Carbohydrate	1.8 g	5.9 g
- sugars	1.5 g	4.9 g
Sodium	160 mg	533 mg
Gluten	nil detected	nil detected



Tomato & Basil Crackers

Activated flax and sunflower seeds form the base of this summery cracker. Enjoy this with fresh greens, slices of ripe avocado and sunflower sprouts, then drizzled with olive oil and a sprinkle of freshly ground pepper. Try them with tomato and crumbled cashew cheese. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds*, flax seeds*, carrots*, , tomato powder*(5%), tomato paste*(2.4%), basil*(2%), onion*, garlic*, natural sea salt, basil essential oil*(0.3%)

*Certified organic ingredient



TBC100 NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	589 kJ	1960 kJ
Protein	5.7 g	19.0 g
Fat, total	11.9 g	39.7 g
- saturated	1.0 g	3.4 g
Carbohydrate	1.0 g	3.2 g
- sugars	0.8 g	2.6 g
Sodium	327 mg	1090 mg
Gluten	nil detected	nil detected





RAW PIZZA BASES

Just like our crackers, but hand-spread into 16cm rounds, our Raw Pizza Bases are great for a quick meal. Top with your favourite spread, seasonal vegetables, herbs, olives or edible flowers – the combinations are endless. Designed to be served raw to preserve their health benefits, but can also be served slightly warmed or baked with your topping if desired.

Two bases packaged in environmentally friendly recyclable boxes, sealed for freshness in compostable inner bags.

Available in 120g retail packs or 36-count bulk packs.

3 FLAVOURS TO CHOOSE FROM:

Classic P LC

Fresh Herb Dulse & Spirulina P NF LC

Tomato & Basil P NF

Classic Raw Pizza Base

Raw and activated, these pizza bases are hearty and filling. Two generous single servings are included in the box - so invite a friend to dinner tonight. Enjoy with tasty toppings such as vegan cheese and veggies. If basil is in season, try pesto, ripe tomato, olive oil, salt and pepper. The almonds in the cracker make it a substantial meal. Made with activated seeds and nuts. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds*, **almonds***, flax seeds*, carrots*, Italian herb mix (marjoram*, oregano*, basil*, rosemary*, thyme*, garlic *, onion *), natural sea salt.

Contains nuts.

*Certified organic ingredient



RPB120 NUTRITION INFORMATION

Servings per package: 2.00

Serving size: 60.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1290 kJ	2140 kJ
Protein	11.3 g	18.9
Fat, total	26.6 g	44.4 g
- saturated	2.2 g	3.6 g
Carbohydrate	2.0 g	3.2 g
- sugars	1.7 g	2.8 g
Sodium	342 mg	571 mg
Gluten	nil detected	nil detected



Dulse & Spirulina Raw Pizza Base

Two generous single serves are included in the box - so invite a friend to dinner tonight. We start with a base of activated golden flax and sunflower seeds, then gently mix with organic dulse flakes and spirulina. Green and beautiful, let your creativity loose on these raw pizza bases. They shine topped with raw veggies, cashew cheese & grilled veggies. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds*(51%), flax seeds*, carrots*, tomato paste*, dulse*(1%), spirulina*(1%), mixed herbs (marjoram*, basil*, oregano*, rosemary*, thyme*), natural sea salt

*Certified organic ingredient



DSRPB120 NUTRITION INFORMATION

Servings per package:	2.00	
Serving size:	60.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1260 kJ	2100 kJ
Protein	11.7 g	19.5 g
Fat, total	25.6 g	42.7 g
- saturated	2.2 g	3.6 g
Carbohydrate	1.7 g	2.9 g
- sugars	1.3 g	2.1 g
Sodium	146 mg	243 mg
Gluten	nil detected	nil detected



Tomato & Basil Raw Pizza Base

Activated flax and sunflower seeds form the base of this summery pizza base. Enjoy this with fresh greens, slices of ripe avocado and sunflower sprouts, then drizzled with olive oil and a sprinkle of freshly ground pepper. Try them with tomato and crumbled cashew cheese. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds*, flax seeds*, carrots*, tomato powder*(5%), tomato paste*(2.4%), basil*(2%), onion*, garlic*, natural sea salt, basil essential oil* (0.3%)

*Certified organic ingredient



TBRPB120 NUTRITION INFORMATION

Servings per package: 2.00

Serving size: 60.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1180 kJ	1960 kJ
Protein	11.4 g	19.0 g
Fat, total	23.8 g	39.7 g
- saturated	2.0 g	3.4 g
Carbohydrate	1.9 g	3.2 g
- sugars	1.6 g	2.6 g
Sodium	654 mg	1090 mg
Gluten	nil detected	nil detected







CHUNKS

Indulge your sweet tooth with our chunks; delicious and satisfying bite-sized snacks. Delightfully sweet, they are still 'real food', using only fruits and nuts and seeds and natural flavours.

Some made with nuts, some without, they are the ideal snack for the lunch box, car or office. With flavours ranging from the traditional to the pleasantly surprising, there is a chunk for everyone.

Packaged in environmentally friendly compostable and resealable bags. Available in 150g retail packs and 1kg bulk packs.

8 FLAVOURS TO CHOOSE FROM:

Banana Date & Walnut P

Chewy Choc Fudge P NF

Choc Chip & Goji NF

Fig & Macadamia P

Naughty But Nice

Quinoa Energy Chocolate Brownie (bars) NF

Active Walnuts Apple Cinnamon & Agave

Banana Date & Walnut Chunks

Large whole organic Australian walnuts and sunflower seeds are activated with an overnight soak in filtered water, mixed with organic bananas, dates, cashews, coconut, raw vanilla and cinnamon; then low-temperature dehydrated. Who can resist the classic combination of bananas, dates and walnuts? This chunk is reminiscent of a home baked treat, without the added sugar or 'bad stuff'... simply irresistible!

INGREDIENTS

Dates*(40%), Sunflower seeds*, **walnuts***(16%), bananas*(14%), **cashews***, coconut*, vanilla*, cinnamon*.

Contains nuts.

*Certified organic ingredient

BDW150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	562 kJ	1870 kJ
Protein	3.0 g	10.0 g
Fat, total	7.9 g	26.2 g
- saturated	1.0 g	3.3 g
Carbohydrate	11.4 g	38.1 g
- sugars	10.8 g	35.8 g
Sodium	2 mg	7 mg
Gluten	nil detected	nil detected



Chewy Choc Fudge Chunks

Creamy, chocolatey and raw. This decadent treat is great with a cup of steaming green tea. Our creamiest chunk, it tastes so rich on the tongue - you won't believe it is good for you (and raw!). Try this chunk crumbled over a scoop or two of coconut ice cream for a real treat. It's a healthy, raw chocolate indulgence with all the nutrition still inside. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Dates*, sunflower seeds*, **cashews***, coconut*, cacao powder*(7%), vanilla*, cinnamon* .

Contains nuts.

*Certified organic ingredient



CCF150 NUTRITION INFORMATION

Servings per package: 5.00
Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	564 kJ	1880 kJ
Protein	2.9 g	9.5 g
Fat, total	8.3 g	27.6 g
- saturated	3.1 g	10.3 g
Carbohydrate	11.2 g	37.4 g
- sugars	10.0 g	33.4 g
Sodium	3 mg	11 mg
Gluten	nil detected	nil detected



Chewy Choc Mint Chunks

Creamy, chocolatey, raw and minty. This decadent treat is great with a cup of steaming green tea. Our creamiest chunk, it tastes so rich on the tongue - you won't believe it is good for you (and raw!). Try this chunk crumbled over a scoop or two of coconut ice cream for a real treat. It's a healthy, raw chocolate indulgence with all the nutrition still inside. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Dates*, sunflower seeds*, **cashews***, coconut*, cacao powder*(7%), peppermint powder*(0.5%), peppermint essential oil*(0.2%), salt.

Contains nuts.

*Certified organic ingredient



CCMC150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	564 kJ	1880 kJ
Protein	2.9 g	9.5 g
Fat, total	8.3 g	27.6 g
- saturated	3.1 g	10.3 g
Carbohydrate	11.2 g	37.4 g
- sugars	10.0 g	33.4 g
Sodium	3 mg	11 mg
Gluten	nil detected	nil detected



Choc Chip & Goji Chunks

We start with activated buckwheat, then mix in plenty of dates, sultanas and goji berries, plus a heap of cacao nibs to craft this delightfully crunchy treat. The goji berries make this our most colourful chunk, a feast for the eyes as well as the tongue. Snack on this right out of the bag. Made with activated buckwheat. Dehydrated at low temperatures for optimal taste and nutrition. A seed and nut-free chunk.

INGREDIENTS

Buckwheat*, dates*, sultanas*, cacao nibs*(14%), goji berries*(12%), vanilla*, cinnamon*

*Certified organic ingredient



CCGC150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	434kJ	1450 kJ
Protein	2.6 g	8.6 g
Fat, total	2.1 g	6.9 g
- saturated	1.1 g	3.7 g
Carbohydrate	19.4 g	64.6 g
- sugars	9.8 g	32.8 g
Sodium	15 mg	22 mg
Gluten	nil detected	nil detected



Fig & Macadamia Chunks

A surprising blend of organic raw figs and macadamia nuts is unlike anything you have ever tasted. Enjoy with your afternoon cuppa or as a grab-and-go breakfast on your way out the door. They are also delicious served on a bowl of rock hard coconut ice cream. Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Figs*(29%), sultanas*, sunflower seeds*, **macadamias***(20%), mixed spice (cinnamon*, coriander*, ginger*, cloves*), vanilla*.

Contains nuts.

*Certified organic ingredient



FMC150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	564 kJ	1880 kJ
Protein	2.6 g	8.7 g
Fat, total	8.2 g	27.2 g
- saturated	0.9 g	3.1 g
Carbohydrate	11.3 g	37.6 g
- sugars	10.9 g	36.4 g
Sodium	7 mg	22 mg
Gluten	nil detected	nil detected



Ginger Spice Chews

A healthy, raw and spicy indulgence with all the nutrition inside. Enjoy on it's own or use as a topping on coconut ice cream. Also great with a cuppa for a real treat.

Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Dates*, sunflower seeds*, coconut*, **cashews***, cinnamon*, ginger*(1%), cloves*, nutmeg*, vanilla*.

Contains nuts.

*Certified organic ingredient



GSC150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	561 kJ	1870 kJ
Protein	2.8 g	9.5 g
Fat, total	8.2 g	27.2 g
- saturated	3.0 g	10.1 g
Carbohydrate	11.2 g	37.5 g
- sugars	9.8 g	32.7 g
Sodium	13 mg	43 mg
Gluten	nil detected	nil detected



Naughty But Nice Chunks

Have you been good lately? Treat yourself to a decadent raw chocolate bite that's loaded with goodness. Perfect as a snack on the go or with an afternoon cup of coffee. Made with activated seeds and nuts. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Dates*, **cashews***, sunflower seeds*, cacao nibs*, cacao powder*, coconut*, agave syrup*, vanilla*, cinnamon*.

Contains nuts.

*Certified organic ingredient



NBNC150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	578 kJ	1920 kJ
Protein	3.3 g	11.0 g
Fat, total	9.2 g	30.8 g
- saturated	2.9 g	9.6 g
Carbohydrate	10.1 g	33.6 g
- sugars	7.9 g	26.4 g
Sodium	3 mg	11 mg
Gluten	nil detected	nil detected



Quinoa Energy Chocolate Brownie

This raw treat is based on the ancient seed – quinoa. We soak the seeds, which not only activates them, but removes the natural saponins they contain. The quinoa balances the fruit, giving a steady, long lasting boost of energy even if you are sensitive to fruit sugars. We then add raw cacao making them more nutritious... and super chocolatey! Made with activated seeds. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Dates*, sunflower seeds*, **cashews***, quinoa*(6%), coconut*, cacao powder*(4%), vanilla*, natural sea salt.

Contains nuts.

*Certified organic ingredient



QECB150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	536 kJ	1790 kJ
Protein	3.0 g	10.1 g
Fat, total	7.0 g	23.4 g
- saturated	1.6 g	5.2 g
Carbohydrate	12.4 g	41.4 g
- sugars	10.1 g	33.7 g
Sodium	8 mg	33.7 mg
Gluten	nil detected	nil detected



Active Walnuts Apple Cinnamon & Agave

We take raw walnuts and activate them to take away the bitter aftertaste, then mix them with apples, sultanas, raw agave and cinnamon to create an apple pie flavour that will leave you craving more. This chunk is a great snack, but also delicious served over coconut ice cream. Made with activated nuts. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Walnuts*(47%), sultanas*, apples*(16%), agave nectar*(5%), cinnamon*(0.5%).

Contains nuts.

*Certified organic ingredient



WACA150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	609 kJ	2030 kJ
Protein	2.4 g	7.90 g
Fat, total	9.70 g	32.4 g
- saturated	0.6 g	2.1 g
Carbohydrate	11.1 g	36.9 g
- sugars	10.5 g	35.1 g
Sodium	8 mg	28 mg
Gluten	nil detected	nil detected





COCONUT DREAMS

We have modified the recipe and process on our popular coconut dreams to make them raw. Sweet, chewy coconut bliss, these scrumptious bars start with a base of beautiful organic shredded coconut and brown rice syrup, then topped with the highest quality organic dried fruit, cacao and vanilla. A perfect nut-free alternative for the lunch box or afternoon tea. Available in a range of delectable flavours to make your taste buds sing.

Packaged in environmentally friendly compostable and resealable bags.

Available in 150g retail packs and 1kg bulk packs. Select flavours are also available in single serve bars (45g) and point of sale cartons (10 x 45g).

10 FLAVOURS TO CHOOSE FROM:

Banana Cacao NF SS

Caramel NF SS

Cherry Inca Berry NF

Chocolate Mint NF

Classic NF

Cranberry NF SS

Lemon Fig NF

Lime Sublime NF SS

Coconut Dream Banana Cacao

Experience the chewy awesomeness of these coconut dreams. A perfect organic treat for coconut lovers. Enjoy this rich blend of coconut and raw chocolate. Open with other people so you don't eat the whole bag yourself!

INGREDIENTS

Coconut*(48%), brown rice syrup*, dried bananas*(8%), cacao powder*(5%), cacao nibs*(3%), cacao butter*, vanilla*

*Certified organic ingredient



CDBC150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	629 kJ	2100 kJ
Protein	1.8 g	5.9 g
Fat, total	11.2 g	37.4 g
- saturated	8.6 g	28.7 g
Carbohydrate	10.2 g	34.1 g
- sugars	7.7 g	25.8 g
Sodium	3 mg	9 mg
Gluten	nil detected	nil detected



Coconut Dream Caramel

Experience the chewy awesomeness of these coconut dreams. A perfect organic treat for coconut lovers. Are you a caramel lover too? Then these are for you. Open with other people so you don't eat the whole bag yourself! Chocolate-free.

INGREDIENTS

Coconut*(51%), brown rice syrup*, maple syrup*, carob powder*(3%), cacao butter*, lucuma*(1%), natural sea salt, natural sea salt.

*Certified organic ingredient



CDCAR150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	616 kJ	2050 kJ
Protein	1.4 g	4.6 g
Fat, total	10.9 g	36.2 g
- saturated	8.5 g	28.4 g
Carbohydrate	9.7 g	32.4 g
- sugars	8.5 g	28.4 g
Sodium	32 mg	108 mg
Gluten	nil detected	nil detected



Coconut Dream Cherry Inca Berry

Experience the chewy awesomeness of these coconut dreams. A perfect organic treat for coconut lovers. Better than cherries alone, cherries and inca berries will amaze your mouth. Open with other people so you don't eat the whole bag yourself!

INGREDIENTS

Coconut*(51%), brown rice syrup*, cherries*(6%), Inca berries*(4%), cacao butter*

*Certified organic ingredient



CDCI150 NUTRITION INFORMATION

Servings per package: 5.00
Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	621 kJ	2070 kJ
Protein	1.8 g	6.1 g
Fat, total	10.9 g	36.2 g
- saturated	8.5 g	28.4 g
Carbohydrate	10.8 g	35.8 g
- sugars	8.2 g	27.4 g
Sodium	11 mg	38 mg
Gluten	nil detected	nil detected



Coconut Dream Chocolate Mint

Experience the chewy awesomeness of our coconut dreams. A perfect organic treat for coconut lovers. Enjoy a classic combination of cacao and mint, with our chocolate mint coconut dream. Open with other people so you don't eat the whole bag yourself!

INGREDIENTS

Coconut*(52%), brown rice syrup*, cacao powder*(5%), cacao nibs*(4%), cacao butter*, peppermint essential oil*(0.1%)

*Certified organic ingredient



CDCM150 NUTRITION INFORMATION

Servings per package:	5.00	
Serving size:	30.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	649 kJ	2160 kJ
Protein	1.8 g	6.0 g
Fat, total	12.2 g	40.6 g
- saturated	9.3 g	31.1 g
Carbohydrate	9.4 g	31.4 g
- sugars	7.0 g	23.2 g
Sodium	3 mg	9 mg
Gluten	nil detected	nil detected



Coconut Dream Classic

Experience the chewy awesomeness of these coconut dreams. A perfect organic treat for coconut lovers. Enjoy the hint of vanilla in our original 'classic' coconut dream. Open with other people so you don't eat the whole bag yourself!

INGREDIENTS

Coconut*(57%), brown rice syrup*, cacao butter*, vanilla*

*Certified organic ingredient



CDC150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	846 kJ	2820 kJ
Protein	1.9 g	6.2 g
Fat, total	20.1 g	67.0 g
- saturated	15.8 g	52.5 g
Carbohydrate	2.1 g	7.0 g
- sugars	1.9 g	6.3 g
Sodium	4 mg	14 mg
Gluten	nil detected	nil detected



Coconut Dream Cranberry

Experience the chewy awesomeness of these coconut dreams. A perfect organic treat for coconut lovers. Never thought to pair coconut and cranberry? Take our word for it, it's a match made in coconut heaven. Open with other people so you don't eat the whole bag yourself!

INGREDIENTS

Coconut*(52%), brown rice syrup*, cranberries*(9.5%)(lightly sweetened with organic apple juice), cacao butter*.

*Certified organic ingredient



CDCR150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	627kJ	2090 kJ
Protein	1.4 g	4.8 g
Fat, total	11.0 g	36.7 g
- saturated	8.6 g	28.7 g
Carbohydrate	10.3 g	34.3 g
- sugars	8.7 g	29 g
Sodium	2 mg	8 mg
Gluten	nil detected	nil detected



Coconut Dream Lemon Fig

Experience the chewy awesomeness of our coconut dreams. A perfect organic treat for coconut lovers. This dream tastes like the coconut lemon cream pie that grandma used to make. Open with other people so you don't eat the whole bag yourself!

INGREDIENTS

Coconut*(51%), brown rice syrup*, figs*(10%), cacao butter*, lemon essential oil*(0.1%)

*Certified organic ingredient



CDLF150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	622 kJ	2070 kJ
Protein	1.5 g	5.1 g
Fat, total	10.9 g	36.3 g
- saturated	8.5 g	28.4 g
Carbohydrate	10.0 g	33.5 g
- sugars	8.4 g	28.1 g
Sodium	3 mg	12 mg
Gluten	nil detected	nil detected



Coconut Dream Lime Sublime

Experience the chewy awesomeness of our coconut dreams. A perfect organic treat for coconut lovers. The tangy lime is a heavenly contrast to the sweet coconut... 'sublime' indeed. Open with other people so you don't eat the whole bag yourself!

INGREDIENTS

Coconut*(57%), brown rice syrup*, cacao butter*, lime essential oil*(0.2%)

*Certified organic ingredient



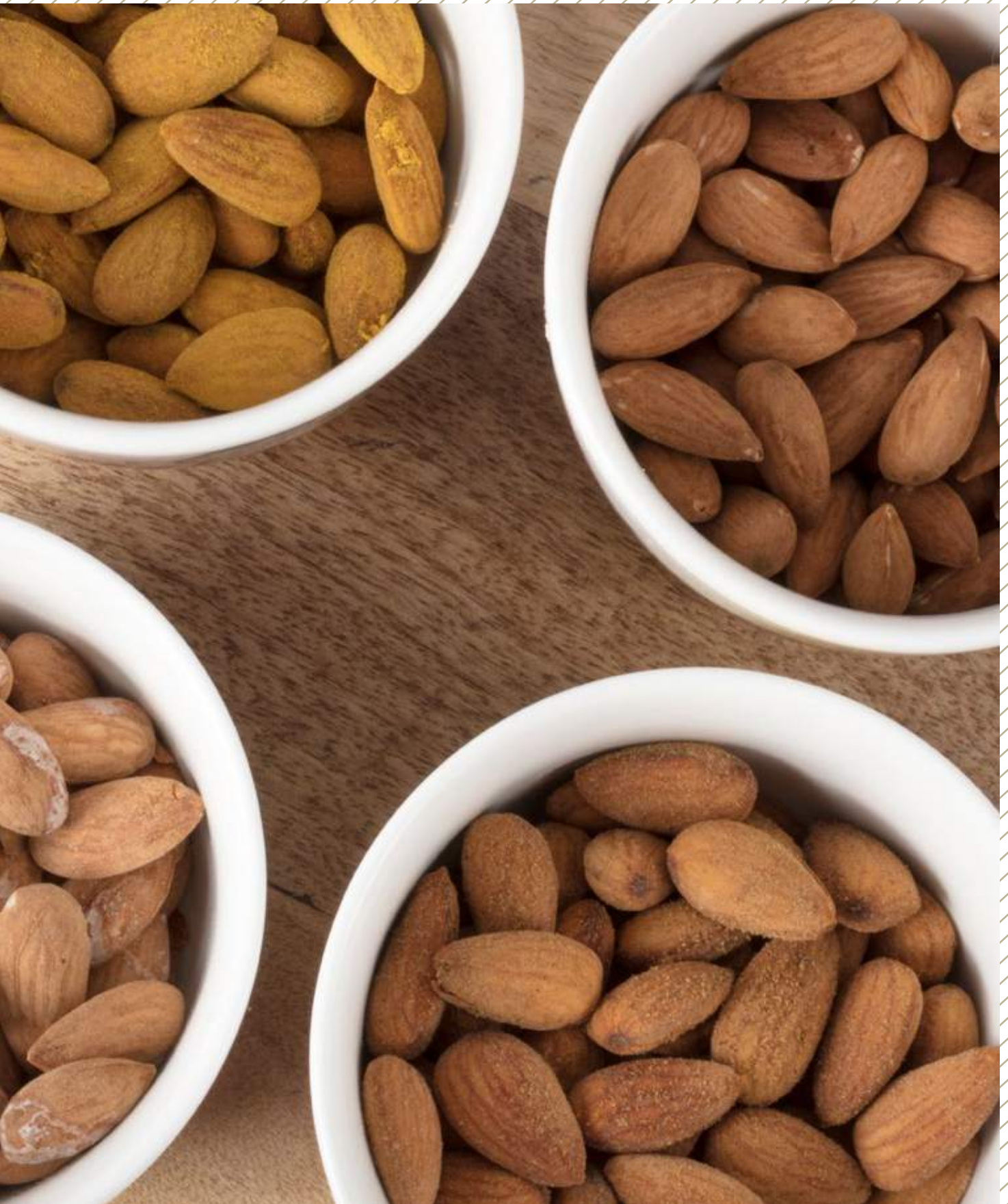
CDLS150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	654 kJ	2180 kJ
Protein	1.6 g	5.2 g
Fat, total	12.1 g	40.4 g
- saturated	9.5 g	31.6 g
Carbohydrate	9.3 g	31.1 g
- sugars	7.6 g	25.3 g
Sodium	3 mg	9 mg
Gluten	nil detected	nil detected





ACTIVATED NUTS

At Kitz, we soak our seeds and nuts in filtered water to ‘activate’ or sprout them. This process releases the nuts’ enzyme inhibitors, which increases the bio-availability of the vitamins and minerals and enhances the digestibility of the product. We then give them a thorough rinse, followed by a long dehydration at a low temperature to lock in optimal flavour and texture. The result – a superior nut or seed.

Packaged in environmentally friendly compostable and resealable bags.

Available in 150g retail packs or 200g retail pack for Active Walnuts Natural, and 1kg bulk packs.

5 FLAVOURS TO CHOOSE FROM:

Active Almonds Cajun PLC

Active Almonds Curry PLC

Active Almonds Natural PLC

Active Almonds Salt & Vinegar PLC

Active Walnuts Natural PLC

Active Almonds

Cajun

Love Cajun food? With their unbelievable 'snap' these organic raw almonds make a fabulous snack or garnish on your favourite meal. Try them tossed on a fresh green salad! Soaked in filtered water overnight to activate them, then dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Almonds*(93%), extra virgin olive oil*, Cajun seasoning(3%) (black pepper*, natural sea salt, fennel*, paprika*, mustard*, garlic*, sage*, chilli*, thyme*), cumin*, natural sea salt.

Contains nuts.

*Certified organic ingredient



AACA150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	736kJ	2450 kJ
Protein	5.5 g	18.4 g
Fat, total	16.0 g	53.4 g
- saturated	1.1 g	3.8 g
Carbohydrate	1.6 g	5.4 g
- sugars	1.4 g	4.8 g
Sodium	192 mg	641 mg
Gluten	nil detected	nil detected



Active Almonds

Curry

Love curry? With their unbelievable ‘snap’ these organic raw almonds make a fabulous snack or garnish on your favourite meal. Try them tossed on a fresh green salad! Soaked in filtered water overnight to activate them, then dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Almonds*(93%), coconut*, sultanas*, cinnamon*, curry powder*(3%)(coriander*, cumin*, fennel*, mustard*, black pepper*, turmeric*, chilli*), natural sea salt.

Contains nuts.

*Certified organic ingredient



AAC150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	728 kJ	2430 kJ
Protein	5.6 g	18.6 g
Fat, total	15.7 g	52.2 g
- saturated	1.3 g	4.3 g
Carbohydrate	1.8 g	6.1 g
- sugars	1.6 g	5.5 g
Sodium	191 mg	637 mg
Gluten	nil detected	nil detected



Active Almonds Natural

With their unbelievable 'snap' these organic raw almonds make a great snack or garnish on your favourite meal. Try tossed on a fresh green salad with a garlicky vinaigrette. Soaked in filtered water to activate them, then dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Almonds*(100%)

Contains nuts.

*Certified organic ingredient



AAN150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	752 kJ	2510 kJ
Protein	5.8 g	19.5 g
Fat, total	16.4 g	54.7 g
- saturated	1.1 g	3.7 g
Carbohydrate	1.4 g	4.8 g
- sugars	1.4 g	4.8 g
Sodium	2 mg	5 mg
Gluten	nil detected	nil detected



Active Almonds Salt & Vinegar

Love salt & vinegar? With their unbelievable 'snap' these organic raw almonds make a great snack or garnish on your favourite meal. Soaked in filtered water overnight to activate them, then dehydrated at low temperatures for optimal taste and nutrition. These are highly addictive – you've been warned!

INGREDIENTS

Almonds*(90%), apple cider vinegar*(8%), natural sea salt(2%). **Contains nuts.**

*Certified organic ingredient



AASV150 NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	675 kJ	2250 kJ
Protein	5.2 g	17.4 g
Fat, total	14.7 g	48.9 g
- saturated	1.0 g	3.3 g
Carbohydrate	1.3 g	4.4 g
- sugars	1.3 g	4.3 g
Sodium	250 mg	832 mg
Gluten	nil detected	nil detected



Active Walnuts Natural

Activating removes the bitter aftertaste that walnuts naturally contain. With their unbelievable 'snap' these walnuts make a fabulous snack or garnish on your favourite meal. Try tossing a handful on muesli with cold coconut milk and sultanas as an instant, satisfying and wholesome meal. Or enjoy on a fresh green salad with a garlicky vinaigrette. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Walnuts* (100%)

Contains nuts.

*Certified organic ingredient



WN200 NUTRITION INFORMATION

Servings per package: 8.00

Serving size: 25 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	727 kJ	2910 kJ
Protein	3.6 g	14.4 g
Fat, total	17.3 g	69.2 g
- saturated	1.1 g	4.4 g
Carbohydrate	0.8 g	3.0 g
- sugars	0.7 g	2.7 g
Sodium	1 mg	3 mg
Gluten	nil detected	nil detected







GRANOLAS & OTHER ACTIVATED PRODUCTS

Start your day by adding a handful of our granola to your morning smoothie bowl for a delightful crunch. Also great for a satisfying snack, pop a bag in your car or take one to work. There's no better way to beat the 3 o'clock slump than with a handful of our tasty granola. Activated for maximum nutrition and texture, both your body and taste buds will thank you.

For a more savoury kick, try our Activated Salad Sprinkles. These activated seeds offer a great snappy contrast for your salad creations and add protein to meatless meals. This salty, crunchy treat is also great to snack on right out of the bag.

Packaged in environmentally friendly compostable and resealable bags. Available in 200g retail packs and 1kg bulk packs.

3 FLAVOURS TO CHOOSE FROM:

Choci-Jo Granola NF

Paleo Granola P

Activated Salad Sprinkles P NF

Choci-Jo Granola

If you love chocolate & crunch combined, you will love our Choci-Jo Granola. Activated buckwheat forms the base this granola. Sprinkle it on oats or muesli in the morning for a great start to your day. It is also delicious crumbled over coconut ice cream a berry smoothie. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Buckwheat*(41%), dates*(25%), sultanas*, coconut*, cacao powder*(3%), cinnamon*, vanilla*

*Certified organic ingredient



CJ200 NUTRITION INFORMATION

Servings per package: 8

Serving size: 25.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	404 kJ	1620 kJ
Protein	1.8 g	7.1 g
Fat, total	2.8 g	11.4 g
- saturated	2.0 g	8.1 g
Carbohydrate	14.8 g	59.1 g
- sugars	7.7 g	30.8 g
Sodium	4 mg	17 mg
Gluten	nil detected	nil detected



Paleo Granola

Our very best ‘trail mix’ type granola with a delightful combination of half fruit and half seeds and nuts with a host of superfoods. Enjoy the sweet tartness of this granola. It is a great mix for snacking on the go or mixed into your morning muesli. Made with activated seeds and nuts. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sultanas*, currants*, **almonds***, **macadamias***, sunflower seeds*, **brazil nuts***, cranberries* (sweetened with apple juice*), Inca berries*, pepitas*, mulberries*, goji berries*, **walnuts***, **pistachios***, coconut*

Contains nuts.

*Certified organic ingredient



PALEO NUTRITION INFORMATION

Servings per package: 8.00

Serving size: 25.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	492 kJ	1970 kJ
Protein	2.8 g	11.4 g
Fat, total	7.7 g	30.9 g
- saturated	1.6 g	6.2 g
Carbohydrate	9.7 g	38.7 g
- sugars	7.9 g	31.8 g
Sodium	17 mg	66 mg
Gluten	nil detected	nil detected



Activated Salad Sprinkles

Built the perfect salad, but there is something lacking? Try our activated sprinkles to bring any salad to life! These raw seeds are also great for nibbling on straight out of the bag. They are salty, crunchy and simply delicious. Dehydrated at low temperatures for optimal taste and nutrition.

INGREDIENTS

Sunflower seeds*(48%), pepitas*(50%), natural sea salt, extra virgin olive oil*.

*Certified organic ingredient



SASS200 NUTRITION INFORMATION

Servings per package:	8	
Serving size:	25.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	609 kJ	2440 kJ
Protein	5.6 g	22.6 g
Fat, total	12.4 g	49.8 g
- saturated	1.5 g	5.8 g
Carbohydrate	1.9 g	7.7 g
- sugars	0.4 g	1.4 g
Sodium	156 mg	622 mg
Gluten	nil detected	nil detected





SINGLE SERVE BARS

Our newest addition to the Kitz range – you asked and we delivered. We've turned some of our most popular Coconut Dream bars into handy, individually wrapped snacks. Providing a healthy alternative to chocolate and lollies, these nutrient rich bars are ideal for the lunch box, your next hiking trip, the office or the car.

Instead of reaching for that umpteenth cup of coffee when the mid-afternoon slump hits, reach for a new Mocha Energy bar. Packed with energising ingredients like coffee, yerba mate and raw cacao, this bar will satisfy your hunger and improve your mental alertness for the remainder of the day.

Boost your body with our Turmeric & Ginger bar. The active compound curcumin found naturally in turmeric is believed to have powerful anti-inflammatory and antioxidant properties. There's no tastier way to get your daily dose.

Available in handy point of sale cartons, packed 10 x 45g single serve bars to a box.

6 FLAVOURS TO CHOOSE FROM:

Coconut Dream Banana Cacao NF SS

Coconut Dream Caramel NF SS

Coconut Dream Cranberry NF SS

Coconut Dream Lime Sublime NF SS

Mocha Energy P SS

Turmeric & Ginger P SS

COMING SOON... our range of Grab n Go cracker packs. Bringing you our delicious hand made crackers-but in handy single serve portions to chuck in your bag or lunchbox.

Coconut Dream Banana Cacao Bar

Looking for a healthy alternative to chocolate or lollies? Our coconut dream bars are a great snack for the lunchbox, car or office. Enjoy the rich blend of coconut, raw cacao and banana. We have now revised our recipe to make these even chewier and more chocolatey.

INGREDIENTS

Coconut*(48%), brown rice syrup*, dried bananas*(8%), cacao powder*(5%), cacao nibs*(3%), cacao butter*, vanilla*

*Certified organic ingredient



BCDBC NUTRITION INFORMATION

Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	943 kJ	2100 kJ
Protein	2.7 g	5.9 g
Fat, total	16.8 g	37.4 g
- saturated	12.9 g	28.7 g
Carbohydrate	15.3 g	34.1 g
- sugars	11.6 g	25.8 g
Sodium	4 mg	9 mg
Gluten	nil detected	nil detected



Coconut Dream Caramel Bar

Looking for a healthy alternative to chocolate or lollies? Our coconut dream bars are a great snack for the lunchbox, car or office. Enjoy the rich blend of coconut, lucuma, maple syrup & agave. We have now revised our recipe to make these even chewier and richer.

INGREDIENTS

Coconut*(51%), brown rice syrup*, maple syrup*, carob powder*(3%), cacao butter*, lucuma*(1%), vanilla*, natural sea salt

*Certified organic ingredient



BCDCAR NUTRITION INFORMATION

Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	924 kJ	2050 kJ
Protein	2.0 g	4.6 g
Fat, total	16.3 g	36.2 g
- saturated	12.8 g	28.4 g
Carbohydrate	14.6 g	32.4 g
- sugars	12.8 g	28.4 g
Sodium	49 mg	108 mg
Gluten	nil detected	nil detected



Coconut Dream Cranberry Bar

Looking for a healthy alternative to chocolate or lollies? Our coconut dream bars are a great snack for the lunchbox, car or office. Enjoy the rich blend of coconut and cranberries. We have now revised our recipe to make these even chewier and tastier.

INGREDIENTS

Coconut*(52%), brown rice syrup*, cranberries*(9.5%) (sweetened with apple juice*), cacao butter*

*Certified organic ingredient

BCDCR NUTRITION INFORMATION

Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	940 kJ	2090 kJ
Protein	2.1 g	4.8 g
Fat, total	16.5 g	36.7 g
- saturated	12.9 g	28.7 g
Carbohydrate	15.4 g	34.3 g
- sugars	13.1 g	29.0 g
Sodium	4 mg	8 mg
Gluten	nil detected	nil detected



Coconut Dream Lime Sublime Bar

Looking for a healthy alternative to chocolate or lollies? Our coconut dream bars are a great snack for the lunchbox, car or office. Enjoy the rich blend of coconut & essential lime oil. We have now revised our recipe to make these even chewier and tastier.

INGREDIENTS

Coconut*(57%), brown rice syrup*, cacao butter*, lime essential oil*(0.2%)

*Certified organic ingredient



BCDLS NUTRITION INFORMATION

Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	981 kJ	2180 kJ
Protein	2.4 g	5.2 g
Fat, total	18.2 g	40.4 g
- saturated	14.2 g	31.6 g
Carbohydrate	14.0 g	31.1 g
- sugars	11.4 g	25.3 g
Sodium	4 mg	9 mg
Gluten	nil detected	nil detected



Mocha Energy Bar

Instead of reaching for that umpteenth cup of coffee when the mid-afternoon slump hits, reach for a Mocha Energy bar. Packed with energizing ingredients like coffee, yerba mate and raw cacao, this bar will satisfy your hunger and improve your mental alertness for the remainder of the day.

INGREDIENTS

Dates*, cashews*, coconut*, cacao powder*(7%), coffee*(2%), vanilla*(0.2%), yerba mate*(0.2%).

Contains nuts.

*Certified organic ingredient



BME NUTRITION INFORMATION

Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	766 kJ	1700 kJ
Protein	2.7 g	6.0 g
Fat, total	9.1 g	20.2 g
- saturated	4.2 g	9.3 g
Carbohydrate	21.3 g	47.4 g
- sugars	18.8 g	41.7 g
Sodium	6 mg	13 mg
Gluten	nil detected	nil detected



Turmeric & Ginger Bar

Boost your body with our Turmeric & Ginger bar. The curcumin found naturally in turmeric is believed to have amazing anti-inflammatory and powerful antioxidant properties. The health benefits from this combination are endless. There is no tastier way to get your daily dose.

INGREDIENTS

Dates*, coconut*, **cashews***, cacao powder*, coconut, cinnamon*, turmeric*(0.4%), ginger*(0.2%), pepper*, coconut oil*

Contains nuts.

*Certified organic ingredient



BTUR NUTRITION INFORMATION

Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	771 kJ	1710 kJ
Protein	2.7 g	6.1 g
Fat, total	8.8 g	19.4 g
- saturated	4.1 g	9.1 g
Carbohydrate	22.1 g	49.0 g
- sugars	19.6 g	43.5 g
Sodium	6 mg	14 mg
Gluten	nil detected	nil detected







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