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SUPERFOOD OATMEAL CUPS

Contact: foodservice@purelyelizabeth.com



ORIGINAL

INGREDIENTS: Organic Certified Gluten-Free Oats, Organic Flax Seeds, Organic Chia Seeds, Organic Quinoa Flakes, Organic Puffed Amaranth.

Made in a facility that also processes soy, milk, eggs, peanuts, and other tree nuts.

Nutrition Facts	Amount/serving	%DV	Amount/serving	%DV
	Total Fat 5g	6%	Total Carb 37g	13%
Sat. Fat 0.5g	3%	Fiber 6g	21%	
1 Serving Per Container	Trans Fat 0g		Total Sugars 1g	
Serving size 1 container (57g)	Sodium 0mg	0%	Incl. 0g Added Sugars	0%
			Protein 7g	
Calories 220 per serving	Vitamin D 0% • Calcium 2% • Iron 10% • Potassium 4% Not a significant source of cholesterol.			

CASE PACK	CASE CUBE	SHELF LIFE
12 x 2 oz	0.45	365 days
GROSS CASE WEIGHT	TIE/HI	PE ITEM: 111320
2.5 lb	20/5	
CASE DIMENSIONS	CASES PER PALLET	
3.62 x 3.62 x 3.875	100/Db1 Stack	



APPLE CINNAMON PECAN

INGREDIENTS: Organic Certified Gluten-Free Oats, Organic Dried Apples, Organic Pecans, Organic Flax Seeds, Organic Chia Seeds, Organic Quinoa Flakes, Organic Puffed Amaranth, Organic Cinnamon.

CONTAINS: Coconut
Made in a facility that also processes soy, milk, eggs, peanuts, and other tree nuts.

Nutrition Facts	Amount/serving	%DV	Amount/serving	%DV
	Total Fat 6g	8%	Total Carb 37g	13%
Sat. Fat 1g	5%	Fiber 7g	25%	
1 serving per container	Trans Fat 0g		Total Sugars 3g	
Serving size 1 container (57g)	Sodium 15mg	1%	Incl. 0g Added Sugars	0%
			Protein 7g	
Calories 230 per serving	Vitamin D 0% • Calcium 4% • Iron 10% • Potassium 4% Not a significant source of cholesterol.			

CASE PACK	CASE CUBE	SHELF LIFE
12 x 2 oz	0.45	365 days
GROSS CASE WEIGHT	TIE/HI	PE ITEM: 111321
2.5 lb	20/5	
CASE DIMENSIONS	CASES PER PALLET	
3.62 x 3.62 x 3.875	100/Db1 Stack	





MIXED BERRY

INGREDIENTS: Organic Certified Gluten-Free Oats, Organic Coconut Sugar, Organic Flax Seeds, Organic Chia Seeds, Chicory Root Powder, Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Freeze Dried Strawberries, Freeze Dried Raspberries, Sea Salt, Organic Quinoa Flakes, Organic Puffed Amaranth.

CONTAINS: Coconut
Made in a facility that also processes soy, milk, eggs, peanuts, and other tree nuts.



Nutrition Facts		Amount/serving	%DV	Amount/serving	%DV
Total Fat		4g	5%	Total Carb	35g 13%
Sat. Fat		0.5g	3%	Fiber	6g 21%
Sodium		100mg	4%	Total Sugars 9g	
1 serving per container		Incl. 7g Added Sugars 14%			
Serving size 1 container (50g)		Protein 5g			
Calories per serving		190			
Calcium 2% • Iron 10% • Potassium 2%					
Not a significant source of trans fat, cholesterol and vitamin D.					

CASE PACK 12 x 1.76 oz	CASE CUBE 0.45	SHELF LIFE 365 days
GROSS CASE WEIGHT 2.32 lb	TIE/HI 20/5	PE ITEM: 111316
CASE DIMENSIONS 3.62 x 3.62 x 3.875	CASES PER PALLET 100/DbI Stack	



DARK CHOCOLATE CHUNK

INGREDIENTS: Organic Certified Gluten-Free Oats, Organic Coconut Sugar, Organic Fair Trade Dark Chocolate Chunks (Organic Cane Sugar, Organic Chocolate Liquor, Organic Cocoa Butter, Organic Vanilla Extract), Organic Flax Seeds, Organic Chia Seeds, Chicory Root Powder, Sea Salt, Organic Quinoa Flakes, Organic Puffed Amaranth.

CONTAINS: Coconut
Made in a facility that also processes soy, milk,



Nutrition Facts		Amount/serving	%DV	Amount/serving	%DV
Total Fat		5g	6%	Total Carb	34g 12%
Sat. Fat		1.5g	8%	Fiber	6g 21%
Sodium		160mg	7%	Total Sugars 9g	
1 serving per container		Incl. 8g Added Sugars 16%			
Serving size 1 container (50g)		Protein 5g			
Calories per serving		190			
Calcium 2% • Iron 10% • Potassium 2%					
Not a significant source of trans fat, cholesterol and vitamin D.					

CASE PACK 12 x 1.76 oz	CASE CUBE 0.45	SHELF LIFE 365 days
GROSS CASE WEIGHT 2.32 lb	TIE/HI 20/5	PE ITEM: 111317
CASE DIMENSIONS 3.62 x 3.62 x 3.875	CASES PER PALLET 100/DbI Stack	



BLUEBERRY WALNUT

INGREDIENTS: Organic Certified Gluten-Free Oats, Organic Coconut Sugar, Bovine Collagen, Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Walnuts, Freeze Dried Blueberry Powder, Organic Flax Seeds, Organic Chia Seeds, Organic Quinoa Flakes, Organic Puffed Amaranth, Sea Salt, Organic Cinnamon.

CONTAINS: Coconut, Walnuts
Made in a facility that also processes soy, milk, eggs, peanuts, and other tree nuts.



Nutrition Facts		Amount/serving	%DV	Amount/serving	%DV
Total Fat		5g	6%	Total Carb	37g 13%
Sat. Fat		0.5g	3%	Fiber	5g 18%
Sodium		135mg	6%	Total Sugars 9g	
1 serving per container		Incl. 6g Added Sugars 12%			
Serving size 1 container (58g)		Protein 9g			
Calories per serving		230			
Calcium 2% • Iron 10% • Potassium 6%					
Not a significant source of trans fat, cholesterol and vitamin D.					

CASE PACK 12 x 2 oz	CASE CUBE 0.45	SHELF LIFE 365 days
GROSS CASE WEIGHT 2.5 lb	TIE/HI 20/5	PE ITEM: 111311
CASE DIMENSIONS 3.62 x 3.62 x 3.875	CASES PER PALLET 100/DbI Stack	



VANILLA PECAN

INGREDIENTS: Organic Certified Gluten-Free Oats, Organic Coconut Sugar, Organic Pecans, Bovine Collagen, Vanilla Powder, Organic Flax Seeds, Organic Chia Seeds, Organic Quinoa Flakes, Organic Puffed Amaranth, Organic Cinnamon, Sea Salt.

CONTAINS: Coconut, Pecans
Made in a facility that also processes soy, milk, eggs, peanuts, and other tree nuts.



Nutrition Facts		Amount/serving	%DV	Amount/serving	%DV
Total Fat		6g	8%	Total Carb	37g 13%
Sat. Fat		0.5g	3%	Fiber	5g 18%
Sodium		190mg	8%	Total Sugars 7g	
1 serving per container		Incl. 6g Added Sugars 12%			
Serving size 1 container (58g)		Protein 9g			
Calories per serving		230			
Calcium 2% • Iron 10% • Potassium 4%					
Not a significant source of trans fat, cholesterol and vitamin D.					

CASE PACK 12 x 2 oz	CASE CUBE 0.45	SHELF LIFE 365 days
GROSS CASE WEIGHT 2.5 lb	TIE/HI 20/5	PE ITEM: 111312
CASE DIMENSIONS 3.62 x 3.62 x 3.875	CASES PER PALLET 100/DbI Stack	