



WE BAKE FOR EVERYONE.

ESTABLISHED 2017

OUT-OF-THE-ORDINARY
INGRID'S
BAKERY

WOMAN-OWNED

FIRST-OF-THEIR-KIND



FORTIFIED FLATBREADS

INTRODUCING GLUTEN-FREE GOURMET FLATBREAD CRACKERS
BAKED WITH ORGANIC, PROTEIN-RICH INGREDIENTS
DAIRY & SOY FREE - NO REFINED SUGAR - NO PRESERVATIVES

TO ORDER: INGRID@HELLOINGRIDS.COM

DELIGHTFULLY DELICIOUS - SURPRISINGLY NUTRITIOUS

FORTIFIED FLATBREADS

NATURALLY-FORTIFIED WITH NUTS, SEEDS, AND NUTRIENT-RICH INGREDIENTS
 TWICE AS MUCH PROTEIN OVER MOST FLATBREADS, CRACKERS OR CRISPS
 NATURALLY LOW / NO SUGAR, LOW SALT, PRESERVATIVE-FREE AND ORGANIC
 COMPOSTABLE PACKAGING, THOUGHTFULLY-SOURCED INGREDIENTS

Nutrition Facts	
8 servings per container	
Serving size	1 oz. (28g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	14%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.3mg	8%
Potassium 20mg	0%

* 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.

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Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes <1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.5mg	8%
Potassium 30mg	0%

* 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.

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Serving size	1 oz. (28g)
Amount Per Serving	
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% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.1mg	6%
Potassium 50mg	2%

* 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.



ALMOND FLOUR*, WATER, FLAXSEED*,
 SUNFLOWER SEEDS*, PUMPKIN SEEDS*,
 COCONUT OIL*, ORGANIC OAT FIBER*,
 ALMONDS*, PURE VANILLA EXTRACT, SEA SALT.
 * = ORGANIC. CONTAINS: ALMOND, COCONUT



ALMOND FLOUR*, SUNFLOWER SEEDS*, PUMPKIN
 SEEDS*, WATER, DRIED CRANBERRIES*,
 FLAXSEED*, MAPLE SYRUP*, COCONUT OIL*,
 PURE VANILLA EXTRACT, SEA SALT.
 * = ORGANIC. CONTAINS: ALMOND, COCONUT



ALMOND FLOUR*, WATER, ORGANIC HAZELNUTS
 (RAW, NO SHELL)*, FLAXSEED*, CACAO*, MAPLE
 SYRUP*, COCONUT OIL*, DRIED CRANBERRIES,
 CACAO NIBS*, PURE VANILLA EXTRACT, SEA SALT.
 * = ORGANIC. CONTAINS: ALMOND, COCONUT

UPGRADE
 CHARCUTERIE,
 SOUPS, AND
 SALADS

OUT-OF-THE-ORDINARY
INGRID'S
 BAKERY

ENJOY A
 NUTRIENT-RICH
 SNACK BETWEEN
 MEALS

WHOLESALE

CASE PRICE: \$41.36 PER 6 UNITS
 CASE PACK: 6 UNITS PER CASE
 CASE WEIGHT: 3.2LBS
 CASE SIZE: 8"L x 7"W x 7"H
 SHELF LIFE: 6 MONTHS
 STORE IN COOL PLACE

TO ORDER
INGRID@HELLOINGRIDS.COM

HEADQUARTERS & SOLD ON THE SHELF AT UNION KITCHEN
 1625 ECKINGTON PLACE #140 NW, WASHINGTON D.C., USA 20002
 TEL: 301-938-3222 EMAIL: INGRID@HELLOINGRIDS.COM
 ONLINE: HELLOINGRIDS.COM / INSTAGRAM: @HELLOINGRIDS

HELLOINGRIDS.COM

RETAIL

MSRP: \$11.49 EACH
 UNIT WEIGHT: 8 OZ
 UNIT SIZE: 3.6"L x 7.5"W x 2.3"H
 COMPOSTABLE KRAFT BAG
 (LAMINATE COMPOSITE)