

# **GRAIN FREE**





NO



PALEONOLA.COM



## ORIGINAL

INGREDIENTS: ALMONDS, PECANS, PEPITAS\*, HONEY\*, WALNUTS, COCONUT OIL\*, SUNFLOWER SEEDS\*, FLAX SEEDS\*, SWEETENED DRIED CRANBERRIES (CRANBERRIES, APPLE JUICE CONCENTRATE, SUNFLOWER OIL), DRIED COCONUT\*, VANILLA EXTRACT, CINNAMON. otos Organis ingradiant

Denotes	organic	ingreateric	

Nutrition Fa	cts
About 10 servings per o	
Serving size 1/4	Cup (28g)
Amount per serving	
Calories	170
	6 Daily Value*
Total Fat 15g	19%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 10mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Suga	irs 8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 0mg	0%
*The % Daily Value tells you how much serving of food contributes to a daily di a day is used for general nutrition advic	et. 2,000 calories
Calories per gram: Fat 9 • Carbohydrate 4 • F	Protein 4



APPLE PIE

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INGREDIENTS: ALMONDS, PECANS, PEPITAS\*, HONEY\*, WALNUTS, COCONUT OIL\*, SUNFLOWER SEEDS\*, FLAX SEEDS\*, DRIED APPLE, DRIED COCONUT\*, SPICES, VANILLA EXTRACT.

#### \*Denotes Organic ingredient

About 10 servings per c Serving size 1/4	ontainer Cup (28g)
Amount per serving Calories	170
	Daily Value*
Total Fat 15g	19%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 10mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Suga	's 6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 104mg	2%
*The % Daily Value tells you how much serving of food contributes to a daily die a day is used for general nutrition advic	t. 2,000 calories



MAPLE PANCAKE

INGREDIENTS: ALMONDS, PECANS, PEPITAS\*, WALNUTS, MAPLE SYRUP\* COCONUT OIL\*, SUNFLOWER SEEDS\*, FLAX SEEDS\*, HONEY\*, RAISINS\*, DRIED COCONUT\*, VANILLA EXTRACT, CINNAMON

# \*Denotes Organic ingredient

Serving size 1/4 Cup (28g) Amount per serving		
Calories	160	
9	% Daily Value*	
Total Fat 14g	18%	
Saturated Fat 3.5g	18%	
Trans Fat 0g		
Cholesterol Omg	0%	
Sodium 10mg	0%	
Total Carbohydrate 8g	3%	
Dietary Fiber 2g	7%	
Total Sugars 4g		
Includes 3g Added Suga	ars 6%	
Protein 4g		
Vitamin D 0mcg	0%	
Calcium 32mg	2%	
Iron 1mg	6%	
Potassium 111mg	2%	
*The % Daily Value tells you how much serving of food contributes to a daily d a day is used for general nutrition advi	iet. 2,000 calories	
Calories per gram: Fat 9 • Carbohydrate 4 • 1	Protein 4	



# CHOCOLATE FIX

INGREDIENTS: ALMONDS, PECANS, PEPITAS\*, HONEY\*, WALNUTS, COCONUT OIL\*, SUNFLOWER SEEDS\*, HAZELNUTS, FLAX SEEDS\*, CACAO POWDER\*, SWEETENED DRIED CRANBERRIES (CRANBERRIES, APPLE JUICE CONCENTRATE, SUNFLOWER OIL), DRIED COCONUT\*, VANILLA EXTRACT, CINNAMON.





### PUMPKIN PIE

INGREDIENTS: ALMONDS, PECANS, PEPITAS\*, HONEY\*, WALNUTS, COCONUT OIL\*, SUNFLOWER SEEDS\*, FLAX SEEDS\*, SWEETENED DRIED CRANBER RIES (CRANBERRIES, APPLE JUICE CONCENTRATE, SUNFLOWER OIL), DRIED COCONUT\*, SPICES, VANILLA EXTRACT.

\*Denotes Organic ingredient

Nutrition Facts           About 10 servings per contal           Serving size         1/4 Cup	iner	About 10 servings per Serving size 1/	
Amount per serving <b>Calories 1</b>	70	Amount per serving Calories	1
% Daily			% Daily
Total Fat 14g	18%	Total Fat 14g	
Saturated Fat 3.5g	18%	Saturated Fat 7g	
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	
Sodium 10mg	0%	Sodium 10mg	
Total Carbohydrate 8g	3%	Total Carbohydrate 8g	
Dietary Fiber 2g	7%	Dietary Fiber 3g	
Total Sugars 4g		Total Sugars 5g	
Includes 4g Added Sugars	8%	Includes 3g Added Su	gars
Protein 4g		Protein 3g	
Vitamin D 0mcg	0%	Vitamin D 0mcg	
Calcium 31mg	2%	Calcium 31mg	
Iron 1mg	6%	Iron 1mg	
Potassium 103mg	2%	Potassium 130mg	
"The % Daily Value tells you how much a nutrie serving of food contributes to a daily diet. 2,000 a day is used for general nutrition advice.	nt in a ) calories	*The % Daily Value tells you how mi serving of food contributes to a daily a day is used for general nutrition ad	diet. 2,000 d
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		Calories per gram: Fat 9 • Carbohydrate 4 •	Protein 4



# PINA COLADA

INGREDIENTS: DRIED COCONUT\*, ALMONDS, HONEY\*, MAPLE SYRUP\*, COCONUT OIL\*, SUNFLOWER SEEDS\*, PEPITAS\*, PECANS, FLAX SEEDS\*, DRIED PINEAPPLE\*, VANILLA EXTRACT.

\*Denotes Organic ingredient

About 10 servings per container Serving size 1/4 Cup (28g)	
Amount per serving Calories	160
	6 Daily Value*
Total Fat 14g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 10mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 3g Added Suga	ars 6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 130mg	2%
*The % Daily Value tells you how much serving of food contributes to a daily di a day is used for general nutrition advice	et. 2,000 calories
Calories per gram: Fat 9 • Carbohydrate 4 • F	Protein 4



### CINNAMON BLUEBERRY

INGREDIENTS: DRIED COCONUT\*, ALMONDS, MAPLE SYRUP\*, COCONUT OIL\*, FREEZE DRIED BLUEBERRIES\*, PECANS, CINNAMON, VANILLA EXTRACT.

\*Denotes Organic ingredient

	g/ab 1/4 C
Amount per serving Calories	16
	aily Va
Total Fat 14g	
Saturated Fat 8g	
Trans Fat 0g	
Cholesterol Omg	
Sodium Omg	
Total Carbohydrate 9g	
Dietary Fiber 3g	
Total Sugars 4g	
Includes 2g Added Sugars	
Protein 3g	
Vitamin D 0mcg	
Calcium 38mg	
Iron 1mg	
Potassium 143mg	
*The % Daily Value tells you how much a n serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Prote	









GLUTEN FREE













SOY FREE NO OATS

NO FILLERS

NO DAIRY

NON GMO



6



FREE











