

## Almond - KEEP REFRIGERATED

**Nutrition Facts** Serv. Size: 1 Piece (0g), Servings: 16, Amount Per Serving: **Calories** 100 Fat Cal. 60, **Total Fat** 7g (11% DV), Sat. Fat 3g (15% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 32mg (1% DV), **Total Carb.** 7g (2% DV), Fiber 1g (4% DV), Sugars 5g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV).  
Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Sunflower Seeds, Evaporated Cane Juice, Salt, Beet Sugar, Palm Kernel and Palm Oil, Carob Powder, Soy Lecithin as an Emulsifier, Almonds, Raw Honey, Himalayan Pink Salt  
**Contains:** Soy, Tree Nuts  
**MANUFACTURED BY:** HST WELLNESS SOLUTIONS BABYLON, NY 11702  
**WWW.HeidisHealthKitchen.com**

## Black Forrest- KEEP REFRIGERATED

**Nutrition Facts** Serv. Size: 1 Piece (0g), Servings: 16, Amount Per Serving: **Calories** 80 Fat Cal. 45, **Total Fat** 5g (8% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 25mg (1% DV), **Total Carb.** 6g (2% DV), Fiber less than 1g (4% DV), Sugars 5g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Sunflower Seeds, Evaporated Cane Juice, Salt, Beet Sugar, Palm Kernel And Palm Oil, Carob Powder, Soy Lecithin As An Emulsifier, Raw Honey, Unsulfured Dried Bing Cherries, Glycerine, Water, Sugar Cane, Vanilla Bean Extractives, Cherry Flavor, Almond Oil. **Contains:** Soy  
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## Cashew Coconut- KEEP REFRIGERATED

**Nutrition Facts** Serv. Size: (0g), Servings: 16, Amount Per Serving: **Calories** 120 Fat Cal. 80, **Total Fat** 9g(14% DV), Sat. Fat 5g (25% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 35mg (1% DV), **Total Carb.** 8g (3% DV), **Fiber** 2g (8% DV), **Sugars** 6g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on 2,000 calorie diet.

**Ingredients:** Sunflower Seeds, Evaporated Cane Juice, Salt, Beet Sugar, Palm Kernel And Palm Oil, Carob Powder, Soy Lecithin As An Emulsifier, Organic Shredded Unsweetened Coconut, Organic Creamed Coconut, Raw Cashew, Raw Honey.  
**Contains:** Soy, Coconut, Cashews  
**Manufactured By:** HST Wellness Solutions, Babylon, NY 11702  
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## Coconut- KEEP REFRIGERATED

**Nutrition Facts** Serv. Size: (0g), Servings: 16, Amount Per Serving: **Calories** 120 Fat Cal. 80, **Total Fat** 9g(14% DV), Sat. Fat 5g (25% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 35mg (1% DV), **Total Carb.** 8g (3% DV), **Fiber** 2g (8% DV), **Sugars** 6g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on 2,000 calorie diet.

**Ingredients:** Sunflower Seeds, Evaporated Cane Juice, Salt, Carob Powder, Beet Sugar, Palm Kernel/Palm Oil, Soy Lecithin As An Emulsifier), Organic Shredded Unsweetened Coconut, Organic Creamed Coconut, Raw Honey.  
**Contains:** Soy, Coconut  
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## Crunch(Contains Peanuts) - KEEP REFRIGERATED

**Nutrition Facts** Serv. Size: (0g), Servings: 16, Amount Per Serving: **Calories** 100 Fat Cal. 60, **Total Fat** 7g(11% DV), Sat. Fat 3g (15% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 40mg (2% DV), **Total Carb.** 8g (3% DV), **Fiber** 1g (3% DV), **Sugars** 5g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** DRY ROASTED PEANUTS, SALT, BEET SUGAR, PALM KERNEL/PALM OIL, CAROB POWDER, SOY LECITHIN AS AN EMULSIFIER, ORGANIC SHREDDED UNSWEETENED COCONUT, SPROUTED BROWN RICE CRISPS, RAW HONEY  
**CONTAINS:** PEANUTS, SOY, COCONUT  
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## Mint-Chip - KEEP REFRIGERATED

**Nutrition Facts** Serv. Size: 1 Piece (0g), Servings: 16, Amount Per Serving: **Calories** 80 Fat Cal. 45, **Total Fat** 5g (8% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 25mg (1% DV), **Total Carb.** 6g (2% DV), Fiber less than 1g (4% DV), Sugars 5g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV).  
Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Sunflower Seeds, Evaporated Cane Juice, Salt, Beet Sugar, Palm Kernel and Palm Oil, Carob Powder, Soy Lecithin as an Emulsifier, Raw Honey, Peppermint. **Contains:** Soy  
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## Original - KEEP REFRIGERATED

**Nutrition Facts** Serv. Size: 1 Piece (0g), Servings: 18, Amount Per Serving: **Calories** 80 Fat Cal. 45, **Total Fat** 5g (8% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 25mg (1% DV), **Total Carb.** 6g (2% DV), Fiber less than 1g (4% DV), Sugars 5g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Sunflower Seeds, Evaporated Cane Juice, Salt, Beet Sugar, Palm Kernel and Palm Oil, Carob Powder, Soy Lecithin as an Emulsifier, Raw Honey. **Contains:** Soy  
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## Pistachio - KEEP REFRIGERATED

**Nutrition Facts** Serv. Size: 1 Piece (0g), Servings: 16, Amount Per Serving: **Calories** 100 Fat Cal. 60, **Total Fat** 7g (11% DV), Sat. Fat 3g (15% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 30mg (1% DV), **Total Carb.** 7g (2% DV), **Fiber** 1g (4% DV), **Sugars** 5g, **Protein** 2g, **Vitamin A** (0% DV), **Vitamin C** (0% DV), **Calcium** (0% DV), **Iron** (2% DV) Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients** Sunflower Seeds, Evaporated Cane Juice, Salt, Beet Sugar, Palm Kernel/Palm Oil, Carob Powder, Soy Lecithin as an Emulsifier, Organic Unsweetened Coconut, Raw Pistachio Nuts, Raw Honey.  
**Contains:** Soy, Pistachio Nuts  
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