

## Nutrition Facts

Serving Size

1 cookie, Amount per serving: 57g

**Calories** 150, Calories from Fat 50, **Total Fat** 5g (8% DV), Sat. Fat 1.5g (8% DV), *Trans* Fat 0g (0% DV)

**Cholesterol** 0mg (0% DV), **Sodium** 135mg (6% DV), **Total Carb.** 24g (8% DV), Dietary Fiber 3g (12% DV), Sugars 9g, **Protein** 3g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (4% DV). \*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Organic** bananas, Non-GMO applesauce (apples, water, ascorbic acid), **organic** oats, **organic** spelt flour, **organic** agave syrup, **organic** walnuts, **organic** raw sugar, **organic** palm oil, baking soda, cinnamon, baking powder (monocalcium phosphate, sodium bicarbonate, corn starch), vanilla extract, salt.

CONTAINS WHEAT AND WALNUT INGREDIENTS.  
MANUFACTURED ON EQUIPMENT THAT ALSO  
PROCESSES TREE NUTS AND PEANUTS.

**OPE'S**  
COOKIES

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Fuels positive change in  
you + your community

## A LITTLE BITE ABOUT US

OPE'S COOKIES ARE FULL OF INGREDIENTS YOUR TASTEBUDS WILL LOVE AND YOUR BODY (AND OUR PLANET) WILL THANK YOU FOR – NUTRITIOUS, NON-GMO, AND CAREFULLY SELECTED. WE MAKE OPE'S COOKIES BECAUSE THE WORLD NEEDS CLEAN COOKIES FULL OF FLAVOR AND FREE OF GUILT + GUNK. GO AHEAD. HAVE A COOKIE!

## HOW DO YOU OPE'S?

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EAT ME WITHIN 7 DAYS OR FREEZE ME FOR UP TO A YEAR



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