

Nutrition Facts

Serving Size
1 cookie, Amount per serving: 57g

Calories 200, Calories from Fat
80, **Total Fat** 9g (14% DV), Sat. Fat
2.5g (13% DV), *Trans Fat* 0g (0% DV)

Cholesterol 0mg (0% DV), **Sodium**
170mg (7% DV), **Total Carb.** 25g (8%
DV), Dietary Fiber 3g (13% DV), Sugars
8g, **Protein** 5g, Vitamin A (0% DV),
Vitamin C (0% DV), Calcium (2% DV),
Iron (6% 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.

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

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

OPES
COOKIES

www.opes.com

Fuels positive change in
you + your community

A LITTLE BITE ABOUT US



OPES 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 OPES
COOKIES BECAUSE THE WORLD NEEDS CLEAN
COOKIES FULL OF FLAVOR AND FREE OF
GUILT + GUNK. GO AHEAD. HAVE A COOKIE!

HOW DO YOU OPES?

USE **#ThisIsHowIopes** TO TELL US MORE!

VISIT US AT **OPESCOOKIES.COM**

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



7 0510565567 3

OPES • KALAMAZOO, MI 49009