

## Nutrition Facts

Serving Size  
1 cookie, Amount per serving: 57g

**Calories** 180, Calories from Fat  
70, **Total Fat** 8g (12% DV), Sat. Fat  
2g (10% DV), *Trans* Fat 0g (0% DV)

**Cholesterol** 0mg (0% DV), **Sodium**  
140mg (6% DV), **Total Carb.** 24g (8%  
DV), Dietary Fiber 3g (12% DV), Sugars  
8g, **Protein** 4g, 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**  
bananas, **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.

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COOKIES

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## 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!

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