

## Nutrition Facts

Serving Size

1 cookie, Amount per serving: 57g

**Calories** 170, Calories from Fat 60, **Total Fat** 7g (11% DV), Sat. Fat 3g (15% DV), *Trans Fat* 0g (0% DV)

**Cholesterol** 0mg (0% DV), **Sodium** 160mg (7% DV), **Total Carb.** 25g (8% DV), Dietary Fiber 3g (13% DV), Sugars 7g, **Protein** 3g, 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, pineapple tidbits (pineapple, pineapple juice, clarified pineapple juice from concentrate), **organic** spelt flour, **organic** shredded unsweetened and dehydrated coconut, **organic** agave syrup, **organic** palm oil, **organic** raw sugar, baking soda, cinnamon, baking powder (monocalcium phosphate, sodium bicarbonate, corn starch), vanilla extract, salt.

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

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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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