

## Nutrition Facts

Serving Size

1 cookie, Amount per serving: 57g

**Calories** 180, Calories from Fat 60, **Total Fat** 7g (11% DV), Sat. Fat 2.5g (13% DV), *Trans* Fat 0g (0% DV)

**Cholesterol** 0mg (0% DV), **Sodium** 160mg (7% DV), **Total Carb.** 28g (9% DV), Dietary Fiber 3g (12% DV), Sugars 11g, **Protein** 4g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (8% 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** speltz flour, semisweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin), **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, SOY AND WALNUT

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

OPES  
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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