

# Seasonal Flavors

## Chocolate Masa Cookie

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>350</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 22g	<b>28%</b>
Saturated Fat 14g	<b>70%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 32g	
Includes 31g Added Sugars	<b>62%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 3.9mg	20%
Potassium 310mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: COCONUT MILK, COCONUT SUGAR, COCOA PROCESSED WITH ALKALI, COCOA BUTTER, CANOLA OIL, PALM OIL, WATER, SALT, NATURAL FLAVOR, SUNFLOWER LECITHIN, OLIVE OIL, LACTIC ACID, ANNATTO EXTRACT (COLOR), OATS, COCONUT OIL, MAPLE SYRUP, OAT FLOUR, PUMPKIN KERNELS, COTTONSEED OIL, PEANUT OIL, CORN FLOUR, MASA, ENRICHED, YELLOW, SEA SALT, NUTRITIONAL YEAST, WATER, CANE ALCOHOL, VANILLA BEAN EXTRACTIVES, CORNSTARCH, BAKING SODA

CONTAINS: COCONUT

FRANKIE & JO'S, SEATTLE, WA 98133

## Mexico Morning

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>350</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 22g	<b>28%</b>
Saturated Fat 14g	<b>70%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 29g	
Includes 28g Added Sugars	<b>56%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 3.4mg	20%
Potassium 250mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: COCONUT MILK, ORGANIC CANE SUGAR, COCOA BUTTER, CANOLA OIL, PALM OIL, WATER, SALT, NATURAL FLAVOR, SUNFLOWER LECITHIN, OLIVE OIL, LACTIC ACID, ANNATTO EXTRACT (COLOR), OATS, BROWN SUGAR, GROUND COFFEE BEAN, ROASTED, COCONUT OIL, ALMOND FLOUR, OAT FLOUR, CORNSTARCH, ROASTED ALMONDS, SEA SALT, CINNAMON, CINNAMON, NUTRITIONAL YEAST, VANILLA EXTRACT (WATER, ALCOHOL (35%), SUGAR, VANILLA BEAN EXTRACTIVES), BAKING POWDER (CORNSTARCH, SODIUM BICARBONATE, SODIUM ALUMINIUM SULFATE, MONOCALCIUM PHOSPHATE)

CONTAINS: COCONUT

FRANKIE & JO'S, SEATTLE, WA 98133

## Veracruz Vanilla

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>360</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 14g	<b>70%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 35g	
Includes 34g Added Sugars	<b>68%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 3.2mg	20%
Potassium 210mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: COCONUT MILK, ORGANIC CANE SUGAR, CARAMEL SAUCE ( CANE SUGAR, COCONUT MILK, VANILLA EXTRACT, SEA SALT), WHOLESOME SWEETENERS ORGANIC LIGHT BROWN SUGAR, COCOA BUTTER, OATS, OAT FLOUR, COCONUT OIL, OIL, SAFFLOWER, SALAD OR COOKING, HIGH OLEIC (PRIMARY SAFFLOWER OIL OF COMMERCE), ALMOND FLOUR, VANILLA EXTRACT (WATER, ALCOHOL (35%), SUGAR, VANILLA BEAN EXTRACTIVES), TAPIOCA FLOUR, VANILLA, SEA SALT, FLAXSEED, NUTRITIONAL YEAST, BAKING POWDER (CORNSTARCH, SODIUM BICARBONATE, SODIUM ALUMINIUM SULFATE, MONOCALCIUM PHOSPHATE)

CONTAINS: COCONUT

FRANKIE & JO'S, SEATTLE, WA 98133

## Beet Strawberry Rose

(copy)

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 28g	
Includes 25g Added Sugars	<b>50%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 90mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Brown Sugar Vanilla (copy)

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4 oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 13g	<b>65%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 27g	
Includes 26g Added Sugars	<b>52%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 3.3mg	20%
Potassium 230mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

California Cabin (copy)

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 14g	<b>70%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 28g	
Includes 27g Added Sugars	<b>54%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 3.2mg	20%
Potassium 210mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Chocolate Date (copy)

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 14g	<b>70%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 26g	
Includes 19g Added Sugars	<b>38%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 3.5mg	20%
Potassium 330mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Chocolate Tahini  
Supercookie(copy)**

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>360</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 13g	<b>65%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 29g	
Includes 28g Added Sugars	<b>56%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 4mg	20%
Potassium 260mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Cone Shatter (copy)**

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size</b>	<b>1 oz (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 50mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Jamocha Chaga Fudge  
(copy)**

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 27g	
Includes 26g Added Sugars	<b>52%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 3.7mg	20%
Potassium 310mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Mint Brownie (copy)**

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>350</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 14g	<b>70%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 30g	
Includes 29g Added Sugars	<b>58%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 3.3mg	20%
Potassium 210mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Salty Caramel Ash (copy)

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 15g	<b>75%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 27g	
Includes 51g Added Sugars	<b>102%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 3.1mg	15%
Potassium 210mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Strawberry Milk

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 14g	<b>70%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 29g	
Includes 27g Added Sugars	<b>54%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 3mg	15%
Potassium 230mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Supercookies & Cream

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>4oz (116g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>410</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 15g	<b>75%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 34g	
Includes 33g Added Sugars	<b>66%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 3.5mg	20%
Potassium 210mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	