

Nuts About Granola

Nutrition Sheet

Plain Jane

Nutrition Facts	
Serving Size 1/4 cup (28g)	
Servings Per Container 13	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4

Whole oats, peanuts, brown sugar, *honey, *natural peanut butter (peanuts, salt), canola oil, *organic wheat bran, cinnamon, natural sea salt
Contains wheat, peanuts and may contain traces of tree nuts, soy, milk and egg

Lover's Combo

Nutrition Facts	
Serving Size 1/4 cup (28g)	
Servings Per Container 13	
Amount Per Serving	
Calories 130	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4

Whole oats, peanuts, brown sugar, *honey, *chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin (an emulsifier), and vanilla), *natural peanut butter (peanuts, salt), canola oil, *organic wheat bran, cinnamon, natural sea salt
Contains wheat, peanuts, milk and may contain traces of tree nuts, soy, and egg

College Staple

Nutrition Facts	
Serving Size 1/4 cup (30g)	
Servings Per Container 13	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4

Whole oats, peanuts, brown sugar, *honey, dried cranberries (cranberries, sugar), *natural peanut butter (peanuts, salt), canola oil, *organic wheat bran, cinnamon, natural sea salt
Contains wheat, peanuts and may contain traces of tree nuts, soy, milk and egg

Off Road Edition

Nutrition Facts	
Serving Size 1/4c (28g)	
Servings Per Container 13	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4

Whole oats, mixed nuts (peanuts, almonds, cashews, brazil nuts, hazelnuts, pecans, peanut and/or cottonseed oil, salt), organic brown rice syrup (brown rice, purified water), organic soy butter (organic dry roasted soybeans, organic sunflower oil, organic palm stearin, sea salt.) brown sugar, dried dates (dates, oat flour), dried cranberries (cranberries, sugar)*organic wheat bran, natural flavorings, cinnamon
Contains wheat, tree nuts, soybeans, peanuts and traces of egg and milk

Jungle Fever

Nutrition Facts	
Serving Size 1/4 cup (28g)	
Servings Per Container 13	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4

Whole oats, macadamia nuts, brown sugar, raw sugar, water, canola oil, *organic wheat bran, dried unsweetened organic coconut, lemon zest, cinnamon, natural salt
Contains wheat, and tree nuts. May contain traces of peanuts, soy, milk and eggs

S'mores

Nutrition Facts	
Serving Size 1/4 cup (28g)	
Servings Per Container 13	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4

Whole oats, *honey, Ricemellow Creme (Brown rice syrup, soy protein, natural flavors, natural gums), milk chocolate chips (sugar, chocolate liquor, cocoa butter, whole milk, soy lecithin (an emulsifier), salt and vanilla), organic graham crackers (organic wheat flour, organic canola and/or organic sunflower oil and or organic soybean oil, organic dehydrated cane juice, organic brown sugar, organic honey, organic invert sugar, sea salt, baking soda, ammonium bicarbonate, organic vanilla extract, natural flavor, soy lecithin) canola oil, *organic wheat bran, natural sea salt
Contains wheat, peanuts, milk and traces of tree nuts, egg and soy

Note: Serving size = 1oz. (28g.); 2oz. Singles = 2 servings

*Local ingredient

Nuts About Granola

Nutrition Sheet

Creamsicle

Nutrition Facts	
Serving Size 1/4 c. (28g) Servings Per Container 13	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	4%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 65g
Saturated Fat	Less than 20g 20g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	60g 65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Whole oats, orange syrup (100% pure orange juice, raw sugar, orange zest, natural flavorings), white chocolate chips (sugar, cocoa butter, whole milk powder, nonfat milk powder, soy lecithin added as an emulsifier, vanilla and natural flavor), *apple sauce (apples, water and ascorbic acid (Vitamin C)), *pure maple syrup, organic puffed millet, walnuts, organic flaxseed, *organic wheat bran, cinnamon, natural sea salt
Contains wheat, tree nuts, milk and traces of peanuts, soybeans, and egg

Johnny Appleseed

Nutrition Facts	
Serving Size 1/4 cup (28g) Servings Per Container 13	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	4%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 65g
Saturated Fat	Less than 20g 20g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	60g 65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Oats, apple syrup (100% pure apple juice, raw sugar, water), *apple sauce (apples, water and ascorbic acid (Vitamin C)), *pure maple syrup, puffed millet, walnuts, *dried apples (apples), dried cranberries (cranberries, sugar), *organic wheat bran, cinnamon, nutmeg, natural sea salt.
Contains wheat, tree nuts and traces of peanuts, soy, milk, and egg

Carrot Cake

Nutrition Facts	
Serving Size 1/4 cup (28g) Servings Per Container 13	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 3g	6%
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 65g
Saturated Fat	Less than 20g 20g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	60g 65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Oats, organic brown rice syrup (brown rice, purified water), organic soy butter (Organic dry roasted soybeans, organic sunflower oil, organic palm stearin, sea salt.), brown sugar, walnuts, carrot puree (carrots, water), raisins, white chocolate chips (sugar, cocoa butter, whole milk powder, nonfat milk powder, soy lecithin added as an emulsifier, vanilla and natural flavor), organic puffed millet, organic flaxseed, *organic wheat bran, cinnamon, nutmeg, all spice, natural sea salt.
Contains wheat, tree nuts, milk, soy and traces of peanuts and egg

Date Food

Nutrition Facts	
Serving Size 1/4 cup (28g) Servings Per Container 13	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 65g
Saturated Fat	Less than 20g 20g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	60g 65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Whole oats, organic brown rice syrup (brown rice, purified water), organic soy butter (Organic dry roasted soybeans, organic sunflower oil, organic palm stearin, sea salt.), brown sugar, almonds, dried dates (dates, oat flour), organic puffed millet, organic flaxseed, *organic wheat bran, canola oil, natural flavorings, cinnamon, natural sea salt
Contains wheat, tree nuts, soybeans and traces of peanuts, egg and milk

Ambrosia

Nutrition Facts	
Serving Size 1/4 cup (28g) Servings Per Container 13	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	4%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 65g
Saturated Fat	Less than 20g 20g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	60g 65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Whole oats, pomegranate syrup (filtered water, apple, grape, pomegranate and aronia berry juice concentrates, citric acid, natural flavors, vitamin E acetate and vitamin A palmitate, raw sugar, orange zest), *apple sauce (apples, water and ascorbic acid (Vitamin C)), *pure maple syrup, organic puffed millet, walnuts, dried mangos (mango, sugar), organic flaxseed, *organic wheat bran, cinnamon, natural sea salt
Contains wheat, tree nuts and traces of peanuts, soybeans, milk, and egg

Purely Simple

Nutrition Facts	
Serving Size 1/4 c. (28g) Servings Per Container 13	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 65g
Saturated Fat	Less than 20g 20g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Organic oats, *honey, raw sugar, organic soy butter (organic dry roasted soybeans, organic sunflower oil, organic palm stearin, sea salt.), almonds, dried cranberries (cranberries, sugar), molasses (black strap molasses, cane juice), organic flaxseed, canola oil, *organic wheat bran, organic puffed millet, natural sea salt
Contains wheat, tree nuts, soybeans and may contain traces of peanuts, egg and milk