



DIRECTIONS:

Use as a cereal, snack, or in trail mix.

INGREDIENTS: Organic rolled oats, organic evaporated cane juice, expeller pressed canola oil, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, sea salt, natural vanilla flavor, epazote leaf, organic cardamom seed, organic fennel seed, organic fenugreek seed and organic nutmeg.

Contains allergens: Almonds, cashews, walnuts.

SHELF LIFE: Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 10 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

SUPER NUTTY GRANOLA



NET WT 3 LBS (1.36 kg)

Nutrition Facts

Serving Size 1/2 cup (64g)
Servings Per Container 21

Amount Per Serving

Calories 260 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1.5g **9%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 38g **13%**

Dietary Fiber 5g **19%**

Sugars 14g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 Carbs 4 Protein 4



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Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

AFTER OPENING: Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened _____

DH17-0811