

# Nutrition Facts

3 servings per container

**Serving size 2 cookies (31g)**

Amount per serving

**Calories 150**

% Daily Value\*

**Total Fat 10g 13%**

Saturated Fat 1g 5%

**Sodium 0mg 0%**

**Total Carbohydrate 14g 5%**

Dietary Fiber 2g 7%

Total Sugars 7g

**Protein 5g**

Calcium 40mg 4%

Iron 1mg 6%

Potassium 232mg 4%

Not a significant source of trans fat, cholesterol, added sugars and vitamin D.

\*The % Daily Value 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:** ALMONDS, CASHEWS, RAISINS, FLAX SEED MEAL.

**CONTAINS TREE NUTS.**