



NEW LOOK
SAME GREAT
TASTE

**ALWAYS
ORGANIC**

5g FIBER
PER SERVING

10g PROTEIN
PER SERVING WITH MILK
(PUMPKIN SEED + FLAX GRANOLA)



PUMPKIN SEED + FLAX
GRANOLA



EXCELLENT SOURCE OF ALA OMEGA-3†

CEREAL - NET WT. 11.5 OZ. (325g)

FRUIT SHOWN AS
SERVING SUGGESTION

PUMPKIN SEED + FLAX GRANOLA

INGREDIENTS: Whole grain rolled oats*, cane sugar*, soy oil*, brown rice flour*, pumpkin seeds*, flax seeds*, oat syrup solids* (oat syrup solids*, tocopherols), sea salt, molasses*, cinnamon* ***Organic.**

Contains soy. Produced in a facility that uses peanuts, tree nuts and wheat.

*Contains 700 mg of ALA per serving, which is 44% of the 1.6g Daily Value for ALA

VEGAN

Nutrition Facts

About 6 servings per container

Serving size **3/4 cup cereal (55g)**

	Per 3/4 cup cereal	Per 3/4 cup cereal with 1/2 cup skim milk
Calories	260	300
	% DV*	% DV*
Total Fat	10g 13%	10g 13%
Saturated Fat	1.5g 8%	1.5g 8%
Trans Fat	0g	0g
Polyunsaturated Fat	5g	5g
Monounsaturated Fat	3g	3g
Cholesterol	0mg 0%	0mg 0%
Sodium	45mg 2%	95mg 4%
Total Carb.	37g 13%	43g 16%
Dietary Fiber	5g 18%	5g 18%
Total Sugars	10g	16g
Incl. Added Sugars	9g 18%	9g 18%
Protein	6g	10g
Vitamin D	0mcg 0%	2mcg 8%
Calcium	28mg 2%	177mg 15%
Iron	2mg 10%	2mg 10%
Potassium	184mg 4%	375mg 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.

Nature's Path Foods Inc.
Blaine, WA 98230 Product of USA
Certified organic by Quality Assurance International (QAI).

