

## ORGANIC SEA SALT

INGREDIENTS: Organic wheat flour,  
salt, organic honey, organic yeast,  
and organic olive oil

5.5 OZ

Nutrition Facts	
5 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 1g	3%
Sugars 1g	
<b>Protein</b> 3g	7%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
Vitamin D	0%

8 OZ

Nutrition Facts	
8 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 1g	3%
Sugars 1g	
<b>Protein</b> 3g	7%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
Vitamin D	0%

5.5 OZ

Nutrition Facts	
5 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	
<b>Calories</b>	<b>90</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	6%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 2g	7%
Sugars 1g	
<b>Protein</b> 3g	5%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%

8 OZ

Nutrition Facts	
8 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	
<b>Calories</b>	<b>90</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	6%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 2g	7%
Sugars 1g	
<b>Protein</b> 3g	5%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%

## ORGANIC MULTIGRAIN FLAX

INGREDIENTS: Organic wheat flour,  
organic whole wheat flour,  
organic 7 grain & seeds  
(wheat, rye, corn, barley, flax, millet, oats),  
organic honey, organic flax seeds,  
organic yeast, salt, organic olive oil.

5.5 OZ

Nutrition Facts	
5 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber less than 1g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	6%
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 0mg	0%

8 OZ

Nutrition Facts	
8 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber less than 1g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	6%
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 0mg	0%

## ORGANIC EVERYTHING - LIKE THE BAGEL

INGREDIENTS: Organic wheat flour,  
organic honey, organic onion,  
organic sesame seeds,  
organic puppy seeds,  
organic yeast, salt, organic olive oil.



## ORGANIC ROSEMARY SEA SALT

INGREDIENTS: Organic wheat flour, organic honey, organic yeast, salt, organic rosemary, organic olive oil.

5.5 OZ

Nutrition Facts	
5 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 1g	3%
Sugars 1g	
<b>Protein</b> 3g	7%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

8 OZ

Nutrition Facts	
8 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 1g	3%
Sugars 1g	
<b>Protein</b> 3g	7%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

5.5 OZ

Nutrition Facts	
5 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 1g	3%
Sugars 1g	
<b>Protein</b> 3g	7%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
Vitamin D	0%

8 OZ

Nutrition Facts	
8 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 1g	3%
Sugars 1g	
<b>Protein</b> 3g	7%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
Vitamin D	0%

## ORGANIC GARLIC THYME

INGREDIENTS: Organic wheat flour, organic honey, organic yeast, salt, organic garlic, organic thyme, organic olive oil.

## ORGANIC SPICY MEDITERRANEAN

INGREDIENTS: Organic wheat flour, organic garbanzo beans, organic za'atar, organic tahini paste (sesame), organic honey, organic yeast, salt, organic garlic powder, organic cayenne pepper, organic thyme, organic olive oil

5.5 OZ

Nutrition Facts	
5 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	
<b>Calories</b>	<b>90</b>
	% Daily Value*
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.7mg	4%
Potassium 0mg	0%



## ORGANIC MULTIGRAIN ZA'ATAR

INGREDIENTS: Organic wheat flour, organic whole flour, organic 7-grain & seeds (wheat, rye, corn, barley, flax, millet, and oats), organic honey, organic flax seeds, organic yeast, organic za'atar, salt, organic olive oil

5.5 OZ

Nutrition Facts	
5 Servings Per Container	
<b>Serving Size</b>	<b>1 oz. (28 g)</b>
Amount Per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 1g	3%
Sugars 2g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

## ORGANIC CINNAMON

INGREDIENTS: Organic wheat flour, organic sugar, organic honey, organic yeast, salt, organic cinnamon, organic olive oil

5.5 OZ

Nutrition Facts	
5 Servings Per Container	
<b>Serving Size</b>	<b>1 oz. (28 g)</b>
Amount Per Serving	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	6%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.7mg	4%
Potassium 0mg	0%

## ORGANIC HUMMUS CRUNCH

INGREDIENTS: Organic wheat flour, organic garbanzo beans, organic tahini paste (sesame), organic honey, organic yeast, salt, organic garlic powder, organic cumin, organic cayenne pepper, organic olive oil

5.5 OZ

Nutrition Facts	
5 Servings Per Container	
<b>Serving Size</b>	<b>1 oz. (28 g)</b>
Amount Per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 90mg	2%

## ORGANIC SWEET POTATO & CHIVE

INGREDIENTS: Organic wheat flour, organic sweet potato, organic honey, organic yeast, salt, organic chives, organic olive oil

