5.5 OZ

	1 oz. (28 g)
Amount Per Serving Calories	400
	100
	Daily Value
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 160 mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 3g	7%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
Vitamin D	0%

8 OZ

Amount Per Serving Calories	1% 0%
Calories % D Total Fat 0.5g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg	100 aily Value 1% 0%
% D Total Fat 0.5g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg	aily Value 1% 0%
Total Fat 0.5g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg	1% 0%
Saturated Fat 0g Trans Fat 0g Cholesterol 0mg	0%
Trans Fat 0g Cholesterol 0mg	
Cholesterol Omg	0%
	0%
Sodium 160 mg	
	7%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 3g	7%
Vitamin A	0%
	0%
Vitamin C	
Calcium	0%
Iron Vitamin D	2% 0%

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5.5 OZ

8 OZ

ORGANIC SEA SALT

and organic olive oil

INGREDIENTS: Organic wheat flour, salt, organic honey, organic yeast,

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

Nutrition Fa	
	1 oz. (28 g)
Amount Per Serving	
<u>Calories</u>	90
%	Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 150mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 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.

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.

5.5 OZ

Nutrition Facts rvings Per Co 1 oz. (28 g) Calories 100 ily Value Total Fat 1g 2% Saturated Fat 0g Trans Fat 0g 0% 0% Cholesterol 0mg Sodium 160mg 7% Total Carbohydrate 19g 6% 0% Dietary Fiber less than 1g Total Sugars 1g 0% Includes Og Added Sugar Protein 3a 6% Vitamin D 0mcg 0% Calcium 20mg 0% 2% Iron 0.5mg 0% Potassium 0mg

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



5.5 OZ

Amount Per Serving	
Calories	
	% Daily
Total Fat 0.5g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol Omg	
Sodium 160 mg	
Total Carbohydrate 20g	
Dietary Fiber 1g	
Sugars 1g	
Protein 3g	
Vitamin A	
Vitamin C	
Calcium	
Iron	

8 OZ

Nutrition F	acts
8 Servings Per Container Serving Size	1 oz. (28 g)
	1 02. (20 g)
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 160 mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 3g	7%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

5.5 OZ

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

8 OZ

ORGANIC ROSEMARY SEA SALT INGREDIENTS: Organic wheat flour, organic honey, organic yeast, salt, organic rosemary, organic olive oil.

Nutrition F 8 Servings Per Container	acts
Serving Size	1 oz. (28 g)
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 210mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 3g	7%
	0%
Vitamin A	0%
Vitamin C	
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.

5.5 OZ



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



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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 Con Serving Size 1 oz. (28 g) Calories 90 ly Value^{*} 2% Total Fat 1.5g Saturated Fat 0g Trans Fat 0g 0% 0% Cholesterol Omg 6% Sodium 150mg Total Carbohydrate 18g 6% Dietary Fiber 2g Total Sugars 1g Includes 0g Added Sugars 8% 0% Protein 3g 5% Vitamin D 0mcg 0% 0% Calcium 0mg 4% Iron 0.6mg Potassium 0mg 0%

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5.5 OZ

Nutrition F	acts
5 Servings Per Container	
Serving Size	1 oz. (28 g)
Amount Per Serving	(0,
Calories	100
	% Daily Value*
Total Fat Og	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 75mg	3%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 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

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 02	
Servings Per Container Serving Size	acts 1 oz. (28 g)
Amount Per Serving	
Calories	90
%	Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 160mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sug	
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.7mg	4%
Potassium 0mg	0%

5507

5.5 OZ

Serving Size	
Amount Per Serving	1 oz. (26 g)
Calories	100
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 160 mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 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

