

Nutrition Facts

Serving Size 1 oz. (28 g)
Servings Per Container 8

Amount Per Serving		% Daily Value*
Calories 90	Calories from Fat 10	
Total Fat 1g 1%		
Saturated Fat 0g 0%		
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 150mg		6%
Total Carbohydrate 17g		6%
Dietary Fiber 2g 7%		
Sugars 1g		
Protein 3g		6%
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		2%

ZA'ATAR

Ingredients: Wheat Flour, Honey, Sesame Seeds (sesame), Olive Oil, Salt, Yeast, Paprika, Cayenne Pepper

SUNDRIED TOMATO

Ingredients: Wheat Flour, Sundried Tomatoes, Honey, Olive Oil, Salt, Yeast

Nutrition Facts

Serving Size 1 oz. (28 g)
Servings Per Container 7

Amount Per Serving		% Daily Value*
Calories 100	Calories from Fat 5	
Total Fat 1g 1%		
Saturated Fat 0g 0%		
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 190mg		8%
Total Carbohydrate 20g		7%
Dietary Fiber 1g 3%		
Sugars 2g		
Protein 4g		7%
Vitamin A		0%
Vitamin C		2%
Calcium		0%
Iron		2%

Nutrition Facts

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Amount Per Serving		% Daily Value*
Calories 100	Calories from Fat 10	
Total Fat 1g 2%		
Saturated Fat 0g 0%		
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		6%
Total Carbohydrate 19g		6%
Dietary Fiber 1g 3%		
Sugars 1g		
Protein 4g		7%
Vitamin A		2%
Vitamin C		0%
Calcium		0%
Iron		2%

HUMMUS CRUNCH

Ingredients: Wheat Flour, Garbanzo Beans, Tahini Paste, Honey, Olive Oil, Salt, Yeast, Garlic Powder, Ground Cumin, Cayenne Pepper

ROSEMARY SEA SALT

Ingredients: Wheat Flour, Honey, Olive Oil, Salt, Yeast, Rosemary

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Calories 100	Calories from Fat 5	
Total Fat 1g 1%		
Saturated Fat 0g 0%		
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 19g		6%
Dietary Fiber 1g 3%		
Sugars 1g		
Protein 3g		7%
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		2%

Nutrition Facts

Serving Size 1 oz. (28 g)
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Amount Per Serving		% Daily Value*
Calories 100	Calories from Fat 0	
Total Fat 0g 1%		
Saturated Fat 0g 0%		
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 75mg		3%
Total Carbohydrate 20g		7%
Dietary Fiber 1g 3%		
Sugars 2g		
Protein 3g		7%
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		2%

CINNAMON

Ingredients: Wheat Flour, Sugar, Honey, Yeast, Salt, Cinnamon



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Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 3g	7%
Vitamin A	20%
Vitamin C	2%
Calcium	0%
Iron	2%

SWEET POTATO &

CRISPES
 Ingredients: Wheat Flour, Sweet Potatoes (yams), Honey, Olive Oil, Salt, Yeast, Chives

SEA SALT

Ingredients: Wheat Flour, Honey, Olive Oil, Salt, Yeast

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Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 3g	7%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

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Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 3g	6%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

MULTIGRAIN FLAX

Ingredients: Wheat Flour, Whole Wheat Flour (wheat), Organic 7-Grains & Seeds (Cracked Wheat, Rye, Barley, Corn, Flax Flour, Millet, Oats), Honey, Olive Oil, Salt, Yeast, Flax Seeds

GARLIC THYME

Ingredients: Wheat Flour, Honey, Salt, Olive Oil, Yeast, Garlic Powder, Whole Thyme Leaves

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Serving Size 1 oz. (28 g)	
Servings Per Container 7	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	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%

Nutrition Facts	
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Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 3g	7%
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	2%

SPICY SESAME

Ingredients: Wheat Flour, Honey, Sesame Seeds (sesame), Olive Oil, Salt, Yeast, Paprika, Cayenne Pepper

