

# CINNAMON RAISIN SUPERFOOD BAGEL

<b>Nutrition Facts</b>	
4 Servings Per Container	
<b>Serving Size</b>	1 Bagel (116 g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>270</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	6%
Saturated Fat 1g	4%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 360mg	16%
<b>Total Carbohydrate</b> 51g	19%
Dietary Fiber 9g	32%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	12%
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3.4mg	20%
Potassium 220mg	4%
<small>* 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.</small>	

## INGREDIENTS:

Water, Millet flour, Sorghum flour, Tapioca starch, Gluten free oat flour, Raisins (Raisin, Vegetable oil), Psyllium husk, Olive oil, Ground chia seed, Yeast, Apple cider vinegar, Cultured rice flour, Salt, Pure maple syrup, Baking powder, Cinnamon

# EVERYTHING SUPERFOOD BAGEL

<b>Nutrition Facts</b>	
4 Servings Per Container	
<b>Serving size</b>	1 Bagel (116 g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>260</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 4g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 620mg	27%
<b>Total Carbohydrate</b> 51g	19%
Dietary Fiber 10g	36%
Total Sugars 3g	
Includes 2g Added Sugars	4%
<b>Protein</b> 6g	12%
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 2.9mg	15%
Potassium 310mg	6%
<small>* 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.</small>	

## INGREDIENTS:

Water, Sorghum flour, Arrowroot flour, Fava bean flour, Tapioca starch, Potato starch, Apple cider vinegar, Psyllium husk, Ground chia seed, Agave syrup, Poppy seeds, Baking powder, Yeast, Dried Garlic, Cultured rice flour, Olive oil, Dried onion, Sea salt, Garlic powder, Sunflower lecithin

# CHIA & FLAX SEED SUPERFOOD BAGEL

## Nutrition Facts

4 Servings Per Container  
Serving Size Per 1 Bagel (116 g)

Amount Per Serving

**Calories 260**

% Daily Value\*

<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 3g	
Includes 3g Added Sugars	<b>5%</b>
<b>Protein</b> 6g	<b>13%</b>
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 100mg	<b>8%</b>
<b>Iron</b> 3.2mg	<b>20%</b>
<b>Potassium</b> 230mg	<b>4%</b>

\* 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.

## INGREDIENTS:

Water, Millet flour, Sorghum flour, Tapioca starch, Gluten free oat flour, Psyllium husk, Pure maple syrup, Olive oil, Ground white chia seed, Flax seeds, Black chia seeds, Millet seeds, Yeast, Apple cider vinegar, Cultured rice flour, Salt, Baking powder