

CINNAMON RAISIN SUPERFOOD BAGEL

Nutrition Facts	
4 Servings Per Container	
Serving Size	1 Bagel (116 g)
Amount Per Serving	
Calories	270
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 1g	4%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 51g	19%
Dietary Fiber 9g	32%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 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

Nutrition Facts	
4 Servings Per Container	
Serving size	1 Bagel (116 g)
Amount Per Serving	
Calories	260
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 620mg	27%
Total Carbohydrate 51g	19%
Dietary Fiber 10g	36%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 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
	<small>% Daily Value*</small>
Total Fat 6g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 46g	17%
Dietary Fiber 9g	32%
Total Sugars 3g	
Includes 3g Added Sugars	5%
Protein 6g	13%
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3.2mg	20%
Potassium 230mg	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, 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

SUPERFOOD ENGLISH MUFFIN

Nutrition Facts	
6 Servings Per Container	
Serving Size	1 English Muffin (80 g)
Amount Per Serving	
Calories	200
	<small>% Daily Value*</small>
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 43g	15%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 1.3mg	8%
Potassium 0mg	0%
<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, Tapioca Starch, Potato Starch, White Bean Flour, Tapioca Fiber, Agave Syrup, Apple cider vinegar, Yeast, Olive Oil, Xanthan Gum, Poppy Seed, Rice Sourdough, Hemp Seed Protein, Cultured Rice Flour, Baking Powder, Salt, Sunflower Lecithin