

WHITE BEAN & MILLET SEED LOAF

Nutrition Facts Valeur nutritive	
Per 2 Slices (66 g) pour 2 Tranches (66 g)	
Calories 210	% Daily Value * % valeur quotidienne *
Fat / Lipides 1 g	2%
Saturated / saturés 0.2 g	1%
+ Trans / trans 0 g	
Carbohydrate / Glucides 48 g	
Fibre / Fibres 11 g	44%
Sugars / Sucres 2 g	5%
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 350 mg	15%
Potassium / Potassium 75 mg	2%
Calcium 125 mg	11%
Iron / Fer 0.5 mg	4%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS:

Water, Potato Starch, Arrowroot Flour, White Bean Flour, Tapioca Fiber, Sorghum Flour, Apple Cider Vinegar, Agave Syrup, Baking Powder, Yeast, Millet Seeds, Xanthan Gum. Cultured Rice Flour, Olive Oil, Sunflower Lecithin, Salt.

EVERYTHING SUPERFOOD BAGEL

Nutrition Facts Valeur nutritive	
Per 1 Bagel (116 g) pour 1 Bagel (116 g)	
Calories 260	% Daily Value * % valeur quotidienne *
Total Fat / Lipides 4 g	6%
Saturated / saturés 0.5 g	3%
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 1.5 g	
Omega-6 / oméga-6 0.4 g	
Omega-3 / oméga-3 0.9 g	
Monounsaturated / monoinsaturés 1 g	
Total Carbohydrate / Glucides 51 g	
Fibre / Fibres 10 g	40%
Sugars / Sucres 3 g	6%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 620 mg	26%
Potassium / Potassium 300 mg	9%
Calcium 150 mg	14%
Iron / Fer 3 mg	21%
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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

CINNAMON RAISIN SUPERFOOD BAGEL

Nutrition Facts Valeur nutritive

Per 1 Bagel (116 g)
pour 1 Bagel (116 g)

Calories 270	% Daily Value *
	% valeur quotidienne *
Total Fat / Lipides 5 g	8%
Saturated / saturés 1 g	4%
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 1.5 g	
Omega-6 / oméga-6 1 g	
Omega-3 / oméga-3 0.5 g	
Monounsaturated / monoinsaturés 2.5 g	
Total Carbohydrate / Glucides 51 g	
Fibre / Fibres 9 g	36%
Sugars / Sucres 6 g	13%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 360 mg	15%
Potassium / Potassium 225 mg	6%
Calcium 100 mg	9%
Iron / Fer 3.5 mg	25%

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*5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS:

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

CHIA & FLAX SEED SUPERFOOD BAGEL

Nutrition Facts Valeur nutritive

Per 1 Bagel (116 g)
pour 1 Bagel (116 g)

Calories 260	% Daily Value *
	% valeur quotidienne *
Total Fat / Lipides 6 g	9%
Saturated / saturés 1 g	4%
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 2.5 g	
Omega-6 / oméga-6 1 g	
Omega-3 / oméga-3 1 g	
Monounsaturated / monoinsaturés 2.5 g	
Total Carbohydrate / Glucides 46 g	
Fibre / Fibres 9 g	36%
Sugars / Sucres 3 g	6%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 360 mg	15%
Potassium / Potassium 225 mg	6%
Calcium 100 mg	9%
Iron / Fer 3 mg	21%

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*5% ou moins c'est peu, 15% ou plus c'est beaucoup

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

CHIA CLASSIC LOAF

Nutrition Facts Valeur nutritive

Per 2 Slices (64 g)
pour 2 Tranches (64 g)

Calories 160	% Daily Value *
Total Fat / Lipides 2.5 g	4%
Saturated / saturés 0.3 g	2%
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 0.5 g	
Omega-6 / oméga-6 0.4 g	
Omega-3 / oméga-3 0.2 g	
Monounsaturated / monoinsaturés 0.2 g	
Total Carbohydrate / Glucides 32 g	
Fibre / Fibres 14 g	56%
Sugars / Sucres 1 g	2%
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 230 mg	10%
Potassium / Potassium 50 mg	1%
Calcium 100 mg	9%
Iron / Fer 0.5 mg	4%

* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS:

Water, Chia flour,
White bean flour,
Potato Starch, Tapioca
Fiber, Sorghum Flour,
Flax meal, Yeast,
Apple Cider Vinegar,
Xanthan gum,
Cultured Rice flour,
Baking Powder,
Sunflower Lecithin,
Salt