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## NUTRITIONAL FACTS

**Tristan's Chocolate Chip Cookie**

**Nutrition Facts**

Serving Size 1/2 cookie(28 grams)  
Serving Per Container 24

Amount Per Serving		Calories from Fat 50	
Calories 130		% Daily Values*	
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 4g			<b>20%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 170mg			<b>7%</b>
<b>Total Carbohydrate</b> 18g			<b>6%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 7g			
<b>Protein</b> 1g			<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: organic brown rice flour, sweet rice Flour, white rice flour, tapioca flour, organic coconut sugar, organic coconut oil, vegan/gluten free chocolate chips, guar gum, himalayan salt, vanilla, baking soda, fresh coconut, flax seed, organic unsulphur blackstrap molasses, organic agave,water

**Carla's Oatmeal Cranberries Chocolate Chip**

**Nutrition Facts**

Serving Size 1/2 cookie(28 grams)  
Serving Per Container 24

Amount Per Serving		Calories from Fat 50	
Calories 120		% Daily Values*	
<b>Total Fat</b> 6g			<b>9%</b>
Saturated Fat 4.5g			<b>23%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 90mg			<b>4%</b>
<b>Total Carbohydrate</b> 17g			<b>6%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 8g			
<b>Protein</b> 0g			<b>0%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients-organic brown rice flour, sweet rice Flour, organic white rice flour, guar gum, tapioca flour, gluten free organic oatmeal, organic coconut sugar, baking soda, baking powder, organic coconut oil, dry cranberries, himalayan salt, gluten free/vegan chocolate chips, organic raw agave, flax seed, chia seeds, egg replacer, organic unsweetened applesauce., organic unsulphur blackstrap molasses, organic vanilla, fresh coconut

**Banana Peanut Butter Cookie**

**Nutrition Facts**

Serving Size 1/2 cookie(28 grams)  
Serving Per Container 24

Amount Per Serving		Calories from Fat 50	
Calories 130		% Daily Values*	
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 3g			<b>15%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 110mg			<b>5%</b>
<b>Total Carbohydrate</b> 18g			<b>6%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 9g			
<b>Protein</b> 2g			<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients-organic brown rice flour, sweet rice Flour, organic white rice flour, guar gum, tapioca flour, coconut sugar, coconut oil, organic banana, chunky natural peanut butter, vanilla, baking soda, himalayan, salt, organic unsulphur molasses, agave, flax seed,organic agave

**Carob Date Sandwich Cookie**

**Nutrition Facts**

Serving Size 1/2 cookie (57 grams)  
Serving Per Container 12

Amount Per Serving		Calories from Fat 60	
Calories 240		% Daily Values*	
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 6g			<b>30%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 150mg			<b>6%</b>
<b>Total Carbohydrate</b> 42g			<b>14%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 25g			
<b>Protein</b> 1g			<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients-organic brown rice flour, sweet rice Flour, organic white rice flour, guar gum, tapioca flour, organic coconut sugar,organic dates, organic coconut oil, organic agave, gluten free/vegan carob powder, organic powder fresh ginger, turmeric, himalayan, salt, water, baking soda,egg-replacer

Pina Colada Sandwich Cookie

Red Velvet Sandwich cookie

# Nutrition Facts

Serving Size 1/2 cookie (57 grams)  
Serving Per Container 12

Amount Per Serving		Calories from Fat 60	
Calories 245			
		% Daily Values*	
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 6g			<b>30%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 150mg			<b>6%</b>
<b>Total Carbohydrate</b> 42g			<b>14%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 30g			
<b>Protein</b> 1g			<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients-organic brown rice flour, sweet rice flour, organic white rice flour, guar gum, tapioca flour, organic coconut sugar, organic coconut oil, baking soda, eg-replacer organic unsulphur blackstrap molasses, fresh pineapple, himalayan salt, flax seed, fresh mint, organic agave, vanilla

# Nutrition Facts

Serving Size 1/2 cookie (57 grams)  
Serving Per Container 12

Amount Per Serving		Calories from Fat 50	
Calories 230			
		% Daily Values*	
<b>Total Fat</b> 6g			<b>9%</b>
Saturated Fat 4.5g			<b>23%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 140mg			<b>6%</b>
<b>Total Carbohydrate</b> 48g			<b>14%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 27g			
<b>Protein</b> 1g			<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: organic brown rice flour, sweet rice flour, white rice flour, tapioca flour, organic red beets, coconut sugar, coconut oil, baking soda, himalayan salt, guar gum, flax seed, vanilla, organic blackstrap unsulphur molasses, organic vanilla, flax seeds, organic dates, fresh coconut organic powder sugar, organic agave, organic dates, free trade cocoa powder

