

BERRY ME



MAWA'S
GRAINFREENOLA™

Mawa's Grainfreenola - Berry Me 4oz

Nutrition Facts

4 servings per container	
Serving size	2 Tbsp (28g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 160mg	4%
Vitamin C 3mg	4%
Vitamin E 1.6mg	10%
Thiamin 0.05mg	4%
Riboflavin 0.05mg	4%
Niacin 1.2mg	8%
Vitamin B ₆ 0.07mg	4%
Biotin 3.8mcg	15%
Pantothenic Acid 0.2mg	4%
Phosphorus 110mg	8%
Magnesium 55mg	15%
Zinc 0.8mg	8%
Selenium 2mcg	4%
Copper 0.29mg	30%
Manganese 0.57mg	25%
Molybdenum 2.4mcg	6%

*The % Daily Value 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: ORGANIC MEDJOOOL DATES, ORGANIC ALMONDS, ORGANIC CASHEWS, ORGANIC WALNUTS, ORGANIC DRIED GOLDEN BERRIES, ORGANIC DRIED COCONUT, ORGANIC DRIED MULBERRIES, ORGANIC PUMPKIN SEEDS, WATER, ORGANIC GRAPESEED OIL, ORGANIC DRIED GOJI BERRIES, ORGANIC CHIA SEEDS, ORGANIC HEMP SEEDS, ORGANIC GINGER, ORGANIC FLAX SEEDS, SALT, VANILLA EXTRACT, CINNAMON.

CONTAINS ALMOND, CASHEW, COCONUT, WALNUT.