

HEALTH NUT



MAWA'S
GRAINFREENOLA™

Mawa's Grainfreenola - Health Nut 4oz

Nutrition Facts	
4 servings per container	
Serving size	2 Tbsp (28g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.1mg	6%
Potassium 170mg	4%
Vitamin E 1.9mg	15%
Thiamin 0.05mg	4%
Riboflavin 0.06mg	4%
Niacin 0.6mg	4%
Vitamin B ₆ 0.08mg	4%
Biotin 4.3mcg	15%
Phosphorus 120mg	10%
Magnesium 60mg	15%
Zinc 0.9mg	8%
Copper 0.31mg	35%
Manganese 0.59mg	25%
Molybdenum 2.8mcg	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 COCONUT, ORGANIC PUMPKIN SEEDS, WATER, ORGANIC GRAPESEED OIL, ORGANIC CHIA SEEDS, ORGANIC DRIED UNSWEETENED CRANBERRIES, ORGANIC HEMP SEEDS, ORGANIC FLAX SEEDS, SALT, VANILLA EXTRACT, ORGANIC GINGER, CINNAMON.

CONTAINS ALMOND, CASHEW, COCONUT, WALNUT.