

## HEALTH NUT



**MAWA'S**  
GRAINFREENOLA™

### Mawa's Grainfreenola - Health Nut 8oz

## Nutrition Facts

8 servings per container  
Serving size **2 Tbsp (28g)**

Amount per serving  
**Calories 150**

% Daily Value\*

<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>

### 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 <sub>6</sub> 0.08mg	4%
Biotin 4.3mcg	15%
Phosphorus 120mg	10%
Magnesium 60mg	15%
Zinc 0.9mg	8%
Selenium 3mcg	6%
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.**