

Nutrition Information

Blissful Blueberry

Ingredients: Handcrafted with organic ingredients including: quinoa (contains all essential amino acids), trail mix (cashews, goji berries, sunflower seeds, pumpkin seeds, white mulberries, golden berries, cacao, cranberries, dates), berry mix powder (blueberries, goji berry, amia, and spices), extra virgin coconut oil (MCT), honey, acerola cherry, and vanilla extract.

Allergens: Contains tree nuts (cashews, walnuts, and almonds)

Nutrition Facts

1 servings per container
Serving size
1 Bar (40g)

Calories per serving **160**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6g	8%	Total Carbohydrate 25g	9%
Saturated Fat 3g	15%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 10g	
Cholesterol 0mg	0%	Includes 2g of Added Sugars	4%
Sodium 15mg	1%	Protein 4g	
Vitamin D 0mcg 0% • Calcium 25mg 2% • Iron 2mg 10% • Potassium 105mg 2% Vitamin A 1154mcg 130% • Vitamin C 122mg 140%			

*The % Daily Value (DV) 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.



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Nutrition Information

Yummy
Yum Berry

Ingredients: Handcrafted with organic ingredients including: quinoa (contains all essential amino acids), trail mix (cashews, goji berries, sunflower seeds, pumpkin seeds, white mulberries, golden berries, cacao, cranberries, dates), berry mix powder (yum berry, goji berry, amia, and spices), extra virgin coconut oil (MCT), honey, acerola cherry, and vanilla extract.

Allergens: Contains tree nuts (cashews, walnuts, and almonds)

Nutrition Facts

1 servings per container
Serving size
1 Bar (40g)

Calories per serving **160**

Amount/serving	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%

Amount/serving	% Daily Value*
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 2g of Added Sugars	4%
Protein 4g	

Vitamin D 0mcg 0% • Calcium 24mg 2% • Iron 2mg 10% • Potassium 85mg 2%
Vitamin A 1153mcg 130% • Vitamin C 135mg 150%

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Marvelous Mango

Ingredients: Handcrafted with organic ingredients including: quinoa (contains all essential amino acids), trail mix (cashews, goji berries, sunflower seeds, pumpkin seeds, white mulberries, golden berries, cacao, cranberries, dates), berry mix powder (mango, goji berry, amia, and spices), extra virgin coconut oil (MCT), honey, acerola cherry, and vanilla extract.

Allergens: Contains tree nuts (cashews, walnuts, and almonds)

Nutrition Facts

1 servings per container
Serving size
1 Bar (40g)

Calories **160**
per serving

Amount/serving	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%

Amount/serving	% Daily Value*
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 2g of Added Sugars	4%
Protein 4g	

Vitamin D 0mcg 0% • Calcium 25mg 2% • Iron 2mg 10% • Potassium 70mg 2%
Vitamin A 1161mcg 130% • Vitamin C 122mg 140%

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Nutrition Information

Powerful Pomegranate

Ingredients: Handcrafted with organic ingredients including: quinoa (contains all essential amino acids), trail mix (cashews, goji berries, sunflower seeds, pumpkin seeds, white mulberries, golden berries, cacao, cranberries, dates), berry mix powder (pomegranate, goji berry, amia, and spices), extra virgin coconut oil (MCT), honey, acerola cherry, and vanilla extract.

Allergens: Contains tree nuts (cashews, walnuts, and almonds)

Nutrition Facts

1 servings per container
Serving size
1 Bar (40g)

Calories per serving **160**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 5g	6%	Total Carbohydrate 25g	9%
Saturated Fat 3g	15%	Dietary Fiber 1g	4%
Trans Fat 0g		Total Sugars 9g	
Cholesterol 0mg	0%	Includes 2g of Added Sugars	4%
Sodium 50mg	2%	Protein 4g	
Vitamin D 0mcg 0% • Calcium 24mg 2% • Iron 2mg 10% • Potassium 85mg 2% Vitamin A 1153mcg 130% • Vitamin C 135mg 150%			

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