



ESSENTIAL GOURMET GRANOLA

Lightly roasted granola with Eastern Township maple syrup, Thompson raisins and a pinch of slippery elm tree powder

Ingredients:

Rollled oats*^o, spelt flour*^o, maple syrup^o, sugar* (cane sugar), oat bran*^o, sunflower oil, rolled rye*^o and barley*^o, thompson raisins*, shredded coconut*, tamari* (water, soybeans*, salt, wheat*, alcohol*), sesame* and flax* seeds, slippery elm powder*.

*Organic ingredients (83% of final product)

^oLocal ingredients

Allergies:

This product contains nuts, wheat and sesame.

Storage and product conservation:

It is preferable to store the product in a cool place (between 5 and 15°C).

Expiry Date:

Each bag is identified with the expiry date (DD-MM-YY).

Certified by *Ecocert Canada*



Valeur nutritive Nutrition Facts

par 1/2 tasse (50 g)
Per 1/2 cup (50 g)

Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 200	
Lipides / Fat 7 g	11%
Saturés / Saturated 1.5 g + trans / Trans 0 g	8%
Cholestérol / Cholesterol 0 mg	0%
Sodium / Sodium 95 mg	5%
Glucides / Carbohydrate 29 g	10%
Fibres / Fibre 4 g	16%
Sucres / Sugars 7 g	
Protéines / Protein 5 g	
Vitamine A / Vitamin A	0%
Vitamine C / Vitamin C	0%
Calcium / Calcium	2%
Fer / Iron	10%