



UPC: 8 3765423579 9

UPC: 8 3765424444 9

UPC: 8 3765424445 6

UPC: 8 3765435146 8

Nutritional Facts	
Serving Size 2 Pancakes (40g) / 1.4oz. Servings Per Container about 15	
Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutritional Facts	
Serving Size 1/3 cup Mix (40g) / 2 Pancakes Servings Per Container about 15	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 33g	11%
Dietary Fiber <1g	2%
Sugars 3g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutritional Facts		
Serving Size 1/24 Pkg, (21g) Dry Mix 1 Cookie (29g) Prepared Servings Per Container about 24		
Amount Per Serving		
	Dry*	Prepared**
Calories	80	120
Calories from Fat	35	70
% Daily Value***		
Total Fat 4g*	6%	12%
Saturated Fat 1g	10%	20%
Trans Fat 0g		
Cholesterol 0mg	0%	7%
Sodium 170mg	7%	8%
Total Carbohydrate 12g	4%	4%
Dietary Fiber 2g	8%	8%
Sugars 8g		
Protein 2g		
Vitamin A	0%	2%
Vitamin C	0%	0%
Calcium	2%	2%
Iron	4%	4%

*Dry Mix. ** 1 Cookies Prepared: Total fat 8g, Sat. fat 4g, Sodium 205mg.
***Percent Daily Values are based on a 2,000 calorie diet.

Nutritional Facts		
Serving Size 1/24 Pkg, (19g) Dry Mix 1 Cookie (29g) Prepared Servings Per Container about 24		
Amount Per Serving		
	Dry*	Prepared**
Calories	80	150
Calories from Fat	20	90
% Daily Value***		
Total Fat 2g*	3%	15%
Saturated Fat 1g	5%	25%
Trans Fat 0g		
Cholesterol 0mg	0%	7%
Sodium 55mg	2%	3%
Total Carbohydrate 15g	5%	5%
Dietary Fiber < 1g	2%	2%
Sugars 8g		
Protein 1g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	2%	2%
Iron	4%	4%

*Dry Mix. ** 1 Cookies Prepared: Total fat 10g, Sat. fat 5g, Sodium 60mg.
***Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: organic buckwheat flour, organic brown rice flour, organic flax meal, organic white rice flour, organic cane juice, aluminum free baking powder, baking soda, salt, xanthan gum.

INGREDIENTS: organic brown rice flour, organic white rice flour, organic potato starch flour, organic corn flour, organic evaporated cane juice, organic tapioca flour, baking soda, aluminum free baking powder, xanthan gum, organic sea salt.

INGREDIENTS: Buckwheat flour, brown rice flour, white rice flour, flax meal, brown sugar, gluten free/dairy free chocolate chips (evaporated cane juice, chocolate liquor, non-dairy cocoa butter), coconut, aluminum free baking soda, baking powder, organic sea salt, xanthan gum.

INGREDIENTS: Brown rice flour, white rice flour, potato starch flour, organic corn flour, tapioca flour, evaporated cane juice, organic brown sugar, gluten free/dairy free chocolate chips, (evaporated cane juice, chocolate liquor, non-dairy cocoa butter), baking soda, aluminum free baking powder, organic sea salt, xanthan gum.



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ALLERGY INFORMATION: our products are processed on gluten free equipment and are batch tested for absence of gluten.