

Flying Oats and Nuts: a delicious fusion of almonds, walnuts, oats, sunflower and pumpkin seeds delicately sweetened with pure maple syrup and flavored with a touch of cinnamon and cardamom. This delicious granola is great for breakfast or all day snacking!

Nana's All Natural brings back the goodness of days gone by, with healthy foods that taste great! Our granola is handcrafted in small batches, providing an all-day source of energy. Each blend is slow-baked using the highest quality ingredients—no fillers and no shortcuts. All varieties are naturally sweetened using maple syrup or coconut sugar and offer a unique blend of spices to create a truly delicious flavor. Nana's granola is more than just a breakfast cereal; it's a healthy, tasty

snack you can feel good about eating anytime. This kitchen staple can be used in baking; sprinkled over yogurt; or eaten straight out of the bag!

From our family to yours, enjoy, Nana
For recipe ideas: www.nanasallnatural.com

Find us on Facebook!



INGREDIENTS:

Organic oats, organic pumpkin seeds, organic sunflower seeds, almonds, walnuts, maple syrup, organic coconut oil, organic cinnamon, and cardamom.

MFG. BY: NANA'S ALL NATURAL FOODS
P.O. BOX 669 • SONOMA, CA 95476
707-996-0485

Made in a facility that also processes wheat, soy, nuts, milk and coconut products. May contain pit or shell pieces.

Nutrition Facts

Serving Size: 1/4 Cup (29g)
 Servings Per Container About 12

Amount Per Serving

Calories 140 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 13g 4%

Dietary Fiber 2g 8%

Sugars 2g

Protein 5g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4