Grand Cran' with Pecans: a medley of plump tasty cranberries with the finest pecans, pumpkin seeds, and sunflower seeds. But we don't stop there; we add hemp seeds, which lend a delicious buttery flavor. Then we sweeten it with pure maple syrup, and spice it up with a healthy dose of cinnamon!

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!

Nutrition Facts

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

Amount Per Serving		
Calories 130	Calories from Fat 70	
		% Daily Value*
Total Fat	8g	**12%**
Saturated Fat	2g	**10%**
Trans Fat	0g	
Cholesterol	0mg	**0%**
Sodium	0mg	**0%**
Total Carbohydrate	14g	**5%**
Dietary Fiber	2g	**8%**
Sugars	3g	
Protein	4g	

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

From our family to yours, enjoy, Nana

For recipe ideas: www.nanasallnatural.com

Find us on Facebook!

INGREDIENTS:
Organic oats, organic sunflower seeds, organic pumpkin seeds, cranberries (sweetened with evaporated cane juice, sunflower oil), pecans, organic coconut oil, maple syrup, hemp seeds, and organic cinnamon.

MFG. BY: NANA'S ALL NATURAL FOODS
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Made in a facility that also processes wheat, soy, nuts, milk and coconut products. May contain pit or shell pieces.