

**Jamaican me Crazy:** Nana has gone bananas with this flavor of granola! She has mixed up a tropical granola blend with toasted organic coconut, cashews and banana chips, sweetened lightly (Nana's style) with organic coconut nectar (low glycemic), then perfected it with a touch of pure vanilla extract. And just think, all this deliciousness is made with gluten free oats. That's it, pure and simple (the Nana's way) enjoy!

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 140	Calories from Fat 70	
% Daily Value*		
<b>Total Fat</b>	8g	12%
Saturated Fat	5g	25%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	0mg	0%
<b>Total Carbohydrate</b>	15g	5%
Dietary Fiber	2g	8%
Sugars	3g	
<b>Protein</b>	4g	
Vitamin A	0%	Vitamin C 2%
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](http://www.nanasallnatural.com)

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## INGREDIENTS:

Certified gluten free rolled oats, cashews, organic dried coconut, banana chips (banana, coconut oil, sugar, natural flavor), organic coconut oil, organic coconut nectar, and pure vanilla extract.

**Contains cashews, coconut.**

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.