

## PRODUCT SUMMARY

Served hot or cold, Gary's True Grit Einkorn Granola is a delicious blend of naturally sourced oats, whole grains, nuts, berries and seeds. This tasty granola is naturally sweetened with cranberries, cacao nibs and coconut sugar, with these sweet hints balanced by hearty sunflower seeds, almonds, walnuts and pecans.

In every bag, all you will find are the natural, high quality ingredients in our crunchy clusters mixed with chewy Dried Ningxia Wolfberries—perfect to pack along with you for a snack on the go!

Free from artificial colours, flavours and preservatives, this energy boosting snack is also great for those on a plant based diet, including vegans and vegetarians.

No matter where life takes you, you'll be glad you brought Gary's True Grit Einkorn Granola along for the ride!

## KEY INGREDIENTS

Gary's True Grit Einkorn Flour, wolfberries, cacao nibs, old-fashioned oats, sunflower seeds, cranberries, almonds, walnuts, pecans, pure vanilla, sea salt, coconut sugar and Saigon cinnamon

## EXPERIENCE

Whether you're starting your day, reaching for a mid-afternoon snack, or looking for a healthier option on the go, your whole family will enjoy the great taste and nutrition of Gary's True Grit Einkorn Granola! This delicious blend combines naturally sourced ingredients sweetened by wolfberries, cranberries, cacao nibs, dark chocolate and coconut sugar. These sweet hints are balanced with hearty sunflower seeds, almonds, walnuts, and pecans, with just the right amount of sea salt.



## BENEFITS & FEATURES

- A delicious, convenient snack for energy on the go.
- A combination of simple and complex carbs, including nuts, berries and seeds, for energy from naturally sourced ingredients.
- Includes a variety of nuts, berries and seeds for a delicious flavour and complex texture.
- Contains no additional colours, flavours or preservatives.
- Includes whole-grain Einkorn flour, which contains only 14 chromosomes and is touted as one of the oldest grains.
- Is a vegan formula.

## DIRECTIONS

This versatile granola can be consumed as a hot or cold breakfast cereal, by itself as a dry snack, or as a topping for yoghurts and other foods.

# GARY'S TRUE GRIT EINKORN GRANOLA



## CAUTIONS

Contains tree nuts (coconut, almond, walnut, pecan).

Manufactured in a facility that also processes tree nuts, peanuts, soy, milk and eggs.

Storage: Keep in a cool, dark place.

## INGREDIENTS

Oats, sunflower oil, syrup (from fruit juice and grain dextrin), whole-grain Einkorn flour (*Triticum monococcum*), sunflower seeds, coconut sugar, cranberries, almonds, wolfberries (*Lycium barbarum*), walnuts, pecans, cacao nibs, vanilla extract, sea salt, Saigon cinnamon

## Nutrition Information/ Nährwertangaben

Serving Size/1 Portion: 34 g

Servings Per Container/Portionen je Packung: 10

Typical Values/Nährwert	Per Serving/Jede Portion	Per/Je 100 g
Energy/Brennwert	627 kJ/150 kcal	1844 kJ/441 kcal
Fat/Fett	7.7 g	22.8 g
of which: Saturates/davon gesättigte Fettsäuren	1 g	2.9 g
Carbohydrate/Kohlenhydrate	18 g	53 g
of which: Sugars/davon Zucker	6 g	18 g
Fibre/Ballaststoffe	2.4 g	7 g
Protein/Eiweiß	3 g	9 g
Salt/Natrium	0.18 g	0.53 g

**Ingredient:** Oats, Sunflower oil, Syrup (from fruit juice and grain dextrin), **Whole grain einkorn flour (*Triticum monococcum*) (7.14%)**, Sunflower seeds, Coconut sugar, Cranberries, **Almonds**, Wolfberries (*Lycium barbarum*), **Walnuts**, **Pecans**, Cacao nibs, Vanilla extract, Sea salt, Saigon cinnamon/**Zutaten:** Haferflocken, Sonnenblumenöl, Sirup (aus Fruchtsaft und Getreidedextrin), **Vollkorn-Einkornmehl (*Triticum monococcum*) (7.14%)**, Sonnenblumenkerne, Kokoszucker, Großfrüchtige Moosbeeren, **Mandeln**, Chinesische Wolfsbeeren (*Lycium barbarum*), **Walnüsse**, **Pekannüsse**, Kakaonibs, Vanilleextrakt, Meersalz, Vietnamesischer Zimt

## FREQUENTLY ASKED QUESTIONS

**Q. From where are the nuts used in the granola sourced?**

A. The almonds, walnuts and pecans used in Einkorn Granola are sourced from within the United States.

**Q. Is Einkorn Granola considered gluten free?**

A. No. Einkorn Granola is not considered gluten free since it contains einkorn wheat, which has gluten in it.

**Q. What is Saigon cinnamon? Is it the same cinnamon you use to source your Cinnamon Bark essential oil?**

A. Saigon cinnamon is sourced from Vietnam and was chosen for its rich flavour and heritage. Saigon cinnamon was selected for its more pronounced flavour, aroma and its high levels of coumarin. It is not the same cinnamon we use for our Cinnamon Bark essential oil.

## COMPLEMENTARY PRODUCTS

Slique® Bars  
Item No. 5024521



NingXia Red®  
Item No. 3042560

