

PRODUCT SUMMARY

Looking to indulge in a hearty snack without compromising your health goals? Gary's True Grit Einkorn Crackers are the way to go! Available in two delicious flavors—Tomato & Herb and Sea Salt—these crackers pair perfectly with your favorite dips, meats, or cheeses.

These specialty crackers are made with einkorn sourced from Young Living farms and partner farms to bring the subtly sweet taste of one of the world's ancient grains to your home. Enjoy the bounty of our fields with your family and friends on any occasion.

KEY INGREDIENTS

Einkorn flour, Whole-grain oat flour, Avocado oil, Coarse salt

FORMULATED WITH

Tomato & Herb: Tomato powder, Red bell pepper powder, Coarse salt, Sea salt, Mixed tocopherols (Vitamin E), Onion powder, Dried basil, Dried oregano, Garlic powder, Paprika, Vitality™ Herb essential oil blend

Sea Salt: Coarse salt, Coconut sugar, Onion powder, Sea salt, Mixed tocopherols (Vitamin E), Garlic powder

EXPERIENCE

Bite into flavor-packed Einkorn Crackers to satisfy your craving for crunch! Each artisanal cracker is sturdy enough to handle your heartiest dips, meats, or cheeses—perfect for creating exciting flavor combinations. Try the Sea Salt cracker for a simple snack or the Tomato & Herb flavor when you want to enjoy a blend of basil, oregano, and garlic.

PRODUCT BACKGROUND

Gary's True Grit Einkorn Crackers are hand-weighed and carefully packed in small batches, so you have a high-quality snack to munch on! These artisanal crackers are free from artificial colors, preservatives, and flavors and are made with avocado oil instead of heavy butter. They are an ideal alternative to other crackers in grocery stores. Taste the simplicity of ancient grains in a portable, heart-healthy* snack!



BENEFITS & FEATURES

- Has no artificial flavors, colors, or preservatives
- Contains no trans fat
- Contains avocado oil (loaded with heart-healthy monounsaturated fatty acids), fiber, and minerals such as potassium, making it a healthy alternative to crackers with traditional butters and oils that are high in saturated fats
- Formulated with coconut sugar, which has a lower glycemic index and may result in lower blood glucose spikes
- Includes einkorn flour, an heirloom ingredient grown by artisan farmers who support traditional farming practices
- Are heart-healthy, thanks to the inclusion of oat bran*
- Contains einkorn wheat, an ancient grain that contains higher levels of protein and trace minerals and lower levels of gluten than today's wheat because of its unique genetic code

GARY'S TRUE GRIT® EINKORN CRACKERS



DIRECTIONS

Directions: Take on the go for an afternoon snack, or pair Einkorn Crackers with charcuterie at your next refined dinner party.

CAUTIONS

Product contains wheat (einkorn) and tree nuts (coconut).

STORAGE

Keep in a cool, dry place.

OTHER INGREDIENTS

Oat bran

Nutrition Facts

About 6.5 servings per container
Serving size 4 Crackers (30g)

Amount per serving
Calories 120

% Daily Value*

Total Fat 4.5 g **6%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 390 mg **17%**

Total Carbohydrate 18 g **7%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes 1 g Added Sugars **2%**

Protein 3 g

Vitamin D 0 mcg 0%

Calcium 19 mg 2%

Iron 1 mg 6%

Potassium 76 mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet; 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

About 6.5 servings per container
Serving size 4 crackers (30g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 4.5 g **6%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 280 mg **12%**

Total Carbohydrate 19 g **7%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 4 g

Vitamin D 0 mcg 0%

Calcium 14 mg 2%

Iron 1 mg 6%

Potassium 47 mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet; 2,000 calories a day is used for general nutrition advice.

FREQUENTLY ASKED QUESTIONS

Q. How large is a serving?

A. A serving is 4 crackers (30 g).

Q. From what is the d-alpha tocopherol obtained?

A. The d-alpha tocopherol is obtained from non-GMO soybean and sunflower oil.

Q. Are Einkorn Crackers considered vegetarian and/or vegan?

A. Yes, they are vegetarian and vegan.

Q. Do any of the ingredients contain gluten?

A. Yes, einkorn flour naturally contains a low amount of gluten.

Q. Why is both coarse salt and sea salt used in Einkorn Crackers?

A. Finer sea salt is used in the dough to help bring out natural flavors. The tops of the crackers are sprinkled with coarse salt to provide a better mouthfeel.

COMPLEMENTARY PRODUCTS

Gary's True Grit®
Chocolate-Coated
Wolfberry Crisp™ Bars
Item No. 5758



NingXia Red® Singles
Item No. 3525



Organic Dried
Wolfberries
Item No. 6360



NingXia Red®
Item No. 3215



*Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors.