



## ESSENTIAL GOURMET GRANOLA

Lightly roasted breakfast cereal blend with Quebec maple syrup, Thompson raisins and a pinch of slippery elm powder

### Ingredients:

Rolled oats\*, maple syrup°, spelt flour (wheat)\*° and/or Red Fife flour (wheat)\*°, sunflower oil, Thompson raisins\* (raisins\*, vegetable oil\*), cane sugar\*, rolled rye\*, rolled barley\*, oat bran\*, coconut\*, natural flavor, flax seeds\*, sesame seeds\*, slippery elm powder\*

May contain: peanuts, milk, soya, hazelnuts, almonds and other tree nuts.

\*Organic ingredients (79% of final product)

°Local ingredients

Contains 32g of whole grain per 50g portion.

**Product Aspect:** Dry product

### Storage and Product Conservation:

It is preferable to store the product in a cool and dry place (between 5 and 15°C).

### Best Before Date:

The product is identified with a lot number. Each box and each bag are identified with this lot number and with the expiry date (DD-MM-YY). The product has a 10 month shelf-life.

### Valeur nutritive Nutrition Facts

par 1/2 tasse (50 g)  
Per 1/2 cup (50 g)

Teneur Amount	% valeur quotidienne % Daily Value
<b>Calories / Calories</b> 220	
<b>Lipides / Fat</b> 7 g	11%
Saturés / Saturated 1 g + trans / Trans 0 g	5%
<b>Cholestérol / Cholesterol</b> 0 mg	0%
<b>Sodium / Sodium</b> 2 mg	0%
<b>Glucides / Carbohydate</b> 35 g	12%
<b>Fibres / Fibre</b> 4 g	16%
<b>Sucres / Sugars</b> 9 g	
<b>Protéines / Protein</b> 6 g	
<b>Vitamine A / Vitamin A</b>	0%
<b>Vitamine C / Vitamin C</b>	0%
<b>Calcium / Calcium</b>	2%
<b>Fer / Iron</b>	15%



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