



## TONIC GOURMET GRANOLA

Honey roasted breakfast cereal blend with espresso chocolate, dried cranberries, cocoa and astragalus root

### Ingredients:

Rollled oats\*°, honey°, spelt flour\*° and/or Red Fife flour\*°, sunflower oil, cane sugar\*, rolled barley\*°, rolled rye\*°, dark chocolate with coffee\*<sup>1</sup> (cocoa mass\*, cane sugar\*, cocoa butter\*, whole cane sugar\*, coffee\*, vanilla\*), dried cranberries° (cranberries°, sugar, sunflower oil), oat bran\*°, tamari\*(water, soybeans\*, wheat\*, salt), cocoa powder\*<sup>1</sup>, coconut\*, sesame seeds\*, flax seeds\*, astragalus root powder.

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

\*Organic ingredients (79% of final product)

°Local ingredients

<sup>1</sup>Fair trade ingredients

Contains 32g of whole grain per portion of 50g.

**Product Aspect:** Dry product

### Storage and Product Conservation:

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

### Best Before Date:

The product is identified with a lot number. Each box and bag is identified with this lot number and with the best before 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 220</b>	
<b>Lipides / Fat 7 g</b>	12%
Saturés / Saturated 1.5 g + trans / Trans 0 g	8%
<b>Cholestérol / Cholesterol 0 mg</b>	0%
<b>Sodium / Sodium 110 mg</b>	5%
<b>Glucides / Carbohydrate 34 g</b>	11%
<b>Fibres / Fibre 5 g</b>	20%
<b>Sucres / Sugars 9 g</b>	
<b>Protéines / Protein 6 g</b>	
<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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