



Bulk Foods Nutritional Values

	Distributor	Bulk Number	Serving Size	Calories	Total Fat, g	Saturated Fat, g	Trans Fat, g
35% Fruit Muesli	Golden Temple of Oregon	692	1/2 cup (55g)	200	2.5	0	0
Acai Apple™ Granola with Pomegranate	Nature's Path Products	610	1/2 cup (30g)	130	4.5	1	0
All Natural Chocolate Nut Crunch	SunRidge Farms	353	1/4 cup (30g)	140	8	3	0
All Natural Cranberry Jubilee	SunRidge Farms	305	1/4 cup (30g)	140	9	1.5	0
All Natural Hit the Trail Mix	SunRidge Farms	307	1/4 cup (30g)	150	11	1.5	0
All Natural Milk Chocolate Pretzels	SunRidge Farms	425	about 8 pcs (40g)	190	9	5	0
All Natural Mocha Marble Crunch		563	1/2 cup (40g)	220	16	5	0
All Natural Wild Ginger Harvest	SunRidge Farms	429	1/4 cup (30g)	120	5	1.5	0
All Natural Yogurt Almonds	SunRidge Farms	311	about 11 pcs	220	14	8	0
All Natural Yogurt Pretzels	SunRidge Farms	310	about 8 pcs	190	8	7	0
All Natural Yogurt Raisins	SunRidge Farms	309	about 34 pcs (40g)	180	7	7	0
Almond (Slivered & Blanched)		435	1/3 cup (33g)	180	15	1	0
Almonds (Dry roasted, salted)	Woodstock Farms	647	1/4 cup (28g)	169	15	1	0
Almonds (Dry roasted, unsalted)	Woodstock Farms	646	1/4 cup (28g)	169	15	1	0
Apple Rings (Dried)		332	6 rings (38g)	90	0	0	0
Assorted Party Jordan Almonds	Sconza Candy Company	471	9 pcs (40g)	170	5	0	0
Assorted Sunlights Chocolate Coated Sunflower Seeds	Sconza Candy Company	614	1/3 cup (40g)	190	10	5	0
Banana Chips (Sweetened)	Hershey Import Co	480	1/4 cup (30g)	150	8	7	0
Banana Chips (Sweetened)		381	1/2 cup (34g)	180	10	9	0
Barley (Pearled)		572	1/4 cup (50g) dry measure	180	0.5	0	0
Black Beans		571	1/4 cup (49g) dry measure	170	0.5	0	0
Black Pepper Cashews (roasted with sea salt)	SunRidge Farms	421	18 pcs (30g)	170	14	2.5	0
Brazil Nuts (Raw)		338	1/4 cup (35g)	230	23	6	0
Brown Flax Seeds (Whole)		394	3 tbsp (28g) dry measure	140	10	1	0
Cajun Sesame Sticks	Old School Snacks, Inc	578	24 pcs (28g)	150	9	1.5	0
California Pistachios (Roasted & Salted)		391	1/4 cup (30g)	180	16	2	0
Carob Energiee Nuggets	Marin Food Specialties	612	2 nuggets (28g)	140	8	1	0
Cheddar Sesame Sticks	Old School Snacks, Inc	649	24 pcs (28g)	150	9	1	0
Cherry Vanilla Granola	Golden Temple of Oregon	577	1/2 cup (55g)	240	7	0.5	0
Chile Spiced Mango	SunRidge Farms	427	3 pieces (40g)	140	0.5	0	0
Chocolate Almonds Sucrose Free	GKI Foods	463	10 pcs (40g)	190	15	6	0
Chocolate Peanut Butter Malt Balls	SunRidge Farms	428	about 5 pcs (40g)	428	11	8	0
Chunks of Energy Mixed Berry (Dairy Free)	Dancing Star LLC	690	2 chunks (28g)	130	7	1	0
Coconut Almond Granola	Golden Temple of Oregon	414	1/2 cup (55g)	270	14	4.5	0
Countrywild Brown Rice Blend	Lundberg Family Farms	678	1/4 cup (45g)	150	1.5	0	0
Cranberries (sweetened) Unsulphured		382	1/3 cup (40g)	120	0	0	0
Cranberry Cove	Woodstock Farms	635	1/4 cup (30g)	130	5	1	0
Crystallized Ginger Select Dice Sulphur-Free	Royal Pacific Foods	331	8 pcs (28g)	85	0	0	0
Dark Chocolate Almonds	Woodstock Farms	630	1/4 cup (40g)	210	14	6	0
Dark Chocolate Chips	Woodstock Farms	656	1/8 cup (28g)	130	7	4	0

Dark Chocolate Coffee Beans with sugar	GKI Foods	464	40g	200	12	8	0
Dark Red Kidney Beans		671	1/4 cup (46g) dry measure	160	0	0	0
Date Coconut Rolls (No added sugar)		676	1 pc (30g)	110	3	2	0
Deluxe Mixed Nuts (Roasted & Salted)	Hershey Import Co	460	1/4 cup (30g)	190	17	2	0
Dried Blueberries (juice sweetened)		627	1/3 cup (40g)	130	0.5	0	0
Dry Roasted Almond Butter (unsalted)	Northhampton Peanut Company	524	1/4 cup (30g) before grinding	170	15	1	0
Edamame (dry roasted, salted)	Austin Nuts	685	1/4 cup (28g)	117	4	0.5	0
French Vanilla Almond Granola	Golden Temple of Oregon	319	1/2 cup (55g)	250	8	1	0
Garlic Sesame Sticks	Old School Snacks, Inc	376	28 pieces (30g)	376	11	1	0
Get Up and Go!	SunRidge Farms	611	1/4 cup (30g)	130	5	0	0
Ginger Snap Granola	Golden Temple of Oregon	403	1/2 cup (55g)	250	7	0.5	0
GingerZing™ Granola (Organic, low-sodium)	Nature's Path Products	433	1/2 cup (30g)	140	5	1	0
Golden Flax Seeds		395	3 tbsp (28g) dry measure	140	10	1	0
Gone Nuts Granola	The Hain Celestial Group	695	1/2 cup (52g)	220	9.5	1	0
Green Lentils		565	1/4 cup (48g) dry measure	160	0	0	0
Hard Red Spring Wheat Berries		439	1/4 cup (48g)	160	1	0	0
HempPlus Granola™ (low-sodium)	Nature's Path Products	625	1/2 cup (30g)	140	5	0	0
Honey Gone Nuts Granola	The Hain Celestial Group	373	1/2 cup (52g)	240	10	1	0
Honey Roasted Mixed Nuts	Kettle Foods, Inc	306	3 tbsp (28g)	150	12	1.5	0
Honey Roasted Peanut Butter	Olde Tyme Foods	521	2 tbsp (31g)	179	16	4	0
Honey Sesame Sticks	Austin Nuts	478	38 pieces (28g)	160	10	1.5	0
Large Cashew Pieces (Roasted & Salted)		387	1/4 cup (33g)	190	16	3	0
Large Thompson Raisins		570	1/4 cup (40g)	130	0	0	0
Long Grain Brown Rice	Lundberg Family Farms	350	1/4 cup (49g)	170	1.5	0	0
Low Fat Strawberry Raspberry Granola	Golden Temple of Oregon	574	1/2 cup (55g)	220	2.5	0	0
Lundberg's Wild Blend™	Lundberg Family Farms	679	1/4 cup (46g) dry measure	150	1.5	0	0
Mangoes (dried)		379	3 slices (44g)	160	0	0	0
Maple Almond Granola	Golden Temple of Oregon	576	1/2 cup (55g)	250	8	1	0
Maple Coated Almonds	Dennis Farms	657	1/4 cup (28g)	160	13	1	0
Milk Chocolate Almonds	Woodstock Farms	638	10 pieces (40g)	638	15	7	0
Milk Chocolate Cashews	GKI Foods	465	approx 12 pcs	220	15	9	0
Milk Chocolate Pecan Caramel Patties	GKI Foods	468	40g	180	9	4	0
Milk Chocolate Raisins	Woodstock Farms	633	1/4 cup (40g)	190	9	6	0
Milk Chocolate Toffee Peanuts	SunRidge Farms	430	6 pieces (40g)	200	11	5	0
Mini Chocolate Peanut Butter Cups	Linette Quality Chocolates	617	3 pcs (37g)	200	12	6	0
Natural Mango (dried)	Austin Nuts	701	approx 3 pcs	47	0	0	0
Oats (Steel Cut)	Grain Millers Inc	626	1/4 cup(40g)	140	2.5	0.5	0
Papaya Spears (Low Sugar) Unsulphured	Hershey Import Co	378	1/4 cup (40g)	140	0	0	0
Pastel Chocolate Cherries	Marich Confectionary Company	461	about 5 pcs (40g)	190	9	7	0
Peanut Butter (Unsalted)	Northhampton Peanut Company	523	2 tbsp (30 g) peanut butter	200	16	2	0
Peanuts (raw)	Northhampton Peanut Company	408	about 1/2 cup w shells (28g)	160	11	2	0
Pecan Halves (Raw)		389	1/4 cup (30g)	200	20	1.5	0
Pimento Olive Chocolate Almonds	Koppers Chocolate Specialty Co	613	1/4 cup (40g)	210	13	9	0
Pine Nus (Pignolas)		390	3 tbsp (28g)	160	17	2.5	0
Pineapple (Low Sugar) Unsulphured	Hershey Import Co	380	about 10 pcs (40g)	140	0	0	0
Pinto Beans		420	1/4 cup (48g) dry measure	160	0.5	0	0
Pomegran Plus™ Granola with Cherries	Nature's Path Foods	432	1/2 cup (30g)	140	5	1.5	0
Prunes (Pitted, Dried)		569	5 pieces (42g)	100	0	0	0
Pumpkin FlaxPlus Granola	Nature's Path Foods	651	1/2 cup (30g)	140	5	0.5	0

Pumpkin Seeds (Raw)		396	1/4 cup (30g)	180	14	4	0
Quinoa (Whole Grain)		705	1/4 cup (43g) dry measure	160	2.5	0	0
Rainforest Granola	Golden Temple of Oregon	377	2/3 cup (55g)	250	8	0.5	0
Raspberry n'Cream Granola (Dairy-Free)	The Hain Celestial Group	374	1/2 cup (52g)	220	7.5	1	0
Raspberry Yogurt Pretzels	Woodstock Farms	634	about 7 pcs (40g)	200	8	7	0
Raw Filberts (Hazelnuts)		388	1/4 cup (34g)	210	21	1.5	0
Raw Pecans (Fancy Jr. Mammoth)		673	1/4 cup (30g)	200	20	1.5	0
Raw Pecans (Fancy Med. Pieces)		325	1/4 cup (30g)	200	20	1.5	0
Raw Walnuts (Halves & Pieces)		336	1/4 cup (30g)	190	18	1.5	0
Raw Walnuts (Halves & Pieces)		392	1/4 cup (30g)	190	18	1.5	0
Red Tart Cherries (dried) with sugar		647	1/4 cup (28g)	90	0	0	0
Regular Rolled Oats		573	1/2 cup (41g) dry measure	160	2.5	0	0
Rice Cracker Mix	Woodstock Farms	632	2/3 cup (30g)	110	0	0	0
Rolled Oats	Grain Millers Inc	411	1/2 cup (40g) dry measure	140	2.5	0.5	0
Sesame Crunch	Joyva Group	550	3 pcs (15g)	80	4	0.5	0
Sesame Sticks (salted)	TH Foods	677	about 1/3 cup (28g)	160	11	1.5	0
Shredded Coconut (Unsweetened, dried, unsulphured)		654	1/2 cup (39g)	260	25	22	0
Soynuts (Dry Roasted & Salted)		431	1/8 cup (22g)	95	6.75	0.75	0
Sunflower Seeds (Raw, hulled)		393	1/4 cup (36g)	210	18	2	0
Super Nutty Granola	Golden Temple of Oregon	575	1/2 cup (55g)	250	10	2	0
Sweet Wasabi Mix	Austin Nuts	475	36 pcs (28g)	140	5	1	0
Tamari Roasted Almonds		348	1/4 cup (28g)	150	13	1	0
Tamari Roasted Pumpkin Seeds	Hershey Import Co	397	1/4 cup (30g)	170	14	3.5	0
Tamari Roasted Sunflower Seeds	Hershey Import Co	301	1/4 cup (28.35g)	165	13	1	0
Tamaric Spicy Pumpkin Seeds	Eden Foods	510	1/4 cup (30g)	160	16	3	0
Tart Cherries (dried) Unsweetened		383	3 Tbsp (42g)	140	1	0	0
Turkish Apricots		384	6 pieces (42g)	100	0	0	0
Turkish Apricots Sulphured		540	6 pieces (42g)	100	0	0	0
Vanilla Macaroon Granola	Golden Temple of Oregon	693	1/2 cup (55g)	250	9	2.5	0
Wasabi Peas	Woodstock Farms	567	1/4 cup (30g)	120	3	1	0
Watermelon Fruit Jelly Slices	Cavalier Candies	615	3 pieces (42g)	140	0	0	0
White Basmati Rice	Southern Brown Rice	351	1/4 cup (47g)	160	0	0	0
Whole Almonds		320	1/4 cup (36g)	210	19	2	0
Whole Almonds (Organic)		337	1/4 cup (36g)	210	19	2	0
Whole Cashews (Raw #180)		339	1/4 cup (34g)	180	14	2	0
Whole Cashews (Raw, Extra Large)		324	1/4 cup (34g)	180	14	2	0
Whole Wheat Honey Fig Bars	Marin Food Specialties	691	1 bar (28g)	90	1.5	0	0
Wild Blueberry Flax Granola	Golden Temple of Oregon	650	3/4 cup (55g)	250	8	1	0
Wild Rice Sticks	Old School Snacks, Inc	302	22 pieces (30g)	150	7	1	0
X-treme Trail Mix	Kettle Foods, Inc	303	about 3 tbsp (28g)	150	11	1.5	0
Yellow Popcorn		566	1/4 cup (51g) dry measure	190	2.5	0	0
Yogurt Banana Creams	SunRidge Farms	423	1/4 cup (40g)	220	13	12	0
Green background indicates Organic							
each distributor/manufacturer is responsible for their own organic labeling criteria							

Cholesterol, mg	Sodium, mg	Total Carbohydrate, g	Fiber, g	Sugars, g	Protein, g	Vitamin A, %	Vitamin C, %	Calcium, 0%	Iron, %
0	40	39	5	13	6	0	0	4	10
0	35	21	2	7	3	0	0	2	6
0	15	16	2	11	3	0	0	2	4
0	15	13	2	8	4	2	35	4	8
0	50	11	2	5	5	0	0	2	8
5	180	26	1	15	2	0	0	4	4
0	25	17	3	12	5	0	0	6	6
0	30	19	3	11	2	2	30	4	4
0	20	21	1	20	4	2	0	6	2
0	180	28	0	19	2	2	0	4	4
0	20	28	1	25	1	0	0	4	2
0	0	5	3	1	7	0	0	8	6
0	96	6	3	1	6	0	0	8	7
0	0	6	3	1	6	0	0	8	7
0	35	25	3	21	0	0	2	0	2
0	5	32	1	29	2	0	0	2	2
0	20	24	2	21	3	0	0	4	8
0	0	20	1	5	1	2	0	0	2
0	0	21	3	5	1	0	0	10	0
0	0	39	7	1	5	0	0	2	6
0	0	31	7	7	11	0	0	8	15
0	120	9	1	2	5	0	0	2	10
0	0	4	2	1	5	0	0	6	6
0	0	11	6	0	5	0	0	8	15
0	230	15	1	0	3	2	0	6	6
0	230	8	3	2	4	2	4	2	6
0	0	13	3	8	4	0	0	4	6
0	230	16	1	1	3	0	0	6	6
0	60	40	3	16	5	0	110	2	8
0	0	36	4	32	1	30	90	2	2
<5	45	20	2	<1	4	0	0	4	2
0	30	25	1	22	3	0	0	4	2
0	5	13	2	8	5	0	0	6	8
0	55	32	4	5	6	0	0	2	10
0	0	35	3	0	3	0	0	0	2
0	0	29	2	26	0	0	0	0	0
0	0	18	2	12	3	0	2	2	6
0	5	22	0	21	0	0	0	0	3
0	0	19	3	17	3	0	0	2	0
0	0	19	0	15	1	0	0	0	2

<5	0	23	3	18	2	0	0	0	8
0	5	28	9	3	10	0	4	4	15
0	10	21	2	18	1	0	0	0	2
0	140	6	3	1	6	0	0	6	8
0	0	32	2	29	0	0	6	15	8
0	0	6	4	1	6	0	0	8	8
0	100	10	3	0	10	2	0	1	2
0	60	40	3	15	5	0	0	2	8
0	230	13	3	1	5	0	0	15	8
0	0	19	2	12	2	0	0	2	4
0	70	41	3	15	5	0	0	2	8
0	14	21	2	5	3	0	0	2	8
0	0	11	6	0	5	0	0	8	15
0	0	34	5	6	7	0	0	2	10
0	0	27	6	3	13	0	4	2	25
0	0	33	6	0	7	0	0	2	10
0	25	20	3	5	3	0	0	2	8
0	0	33	4	6	7	0	0	2	10
0	35	9	2	5	5	0	0	0	6
0	90	8	2	6	7	1	0	1	2
0	330	14	1	2	2	0	0	4	8
0	210	9	1	2	5	0	0	2	8
0	10	31	2	29	1	0	0	2	6
0	0	38	3	0	3	0	0	0	2
0	15	44	4	11	6	0	2	2	15
0	0	35	3	0	4	0	0	0	2
0	25	40	2	32	0	20	2	4	2
0	55	37	5	7	6	0	0	2	10
0	177	10	2	8	4	0	0	6	13
5	0	20	2	17	4	0	0	8	0
<5	10	22	<1	17	3	0	0	2	4
5	130	24	0	23	2	8	2	6	2
5	0	25	1	22	2	0	0	6	2
5	45	24	1	22	3	0	0	4	4
5	50	22	0	20	3	0	0	4	0
0	0	8	1	12	0	0	0	0	0
0	0	27	4	0	6	6	2	2	10
0	5	35	1	23	0	2	0	6	6
5	25	26	3	23	2	2	0	6	2
0	5	5	2	1	8	0	0	0	4
0	0	8	4	1	7	0	0	0	0
0	0	5	1	1	2	0	2	2	4
0	35	22	1	21	3	0	0	6	2
0	20	5	3	1	3	0	0	0	4
0	20	34	2	24	0	2	2	2	2
0	0	30	12	2	10	0	6	6	15
0	35	21	2	7	3	0	0	2	6
0	0	26	4	18	1	15	2	2	6
0	20	21	3	5	3	0	0	2	8

Ingredients

Whole rolled oats, raisins (raisins, vegetable glycerin, vegetable oil [canola and/or sunflower oil]), rolled rye, apple powder, corn flour, apples, date powder, almonds, barley malt syrup, milled cane sugar, organic cinnamon bark, salt, annatto (for color), turmeric (for color), purple carrot juice

Raisins, peanut butter chips (evap cane juice, fract palm kernel oil, peanut flour, whey, soy lecithin), rstd peanuts (peanuts, peanut or canola oil), choc chips (whole grain malted barley & corn, unswt chocolate, cocoa butter, soy lecithin, vanilla), choc stars (dehydr cane juice, unswt chocolate), pumpkin seeds, cranberries (cranberries, sugar, sunflower oil), sunflower seeds, papaya (papaya, evaporated cane juice), almonds, raisins, brazil nuts, apples. Processed in a facility which uses tree nuts, peanuts, soy, wheat, milk.

Raisins, roasted peanuts (peanuts, peanut oil and/or canola oil, salt), tamari roasted sunflower seeds (sunflower seeds, tamari shoyu sauce [water, soybeans, salt, wheat]), pumpkin seeds, tamari roasted almonds (almonds, tamari shoyu sauce [water, soybeans, salt, wheat]), cashews. Processed in a facility which uses tree nuts, peanuts, soy, wheat, and milk.

Milk chocolate coating (evaporated cane juice, cocoa butter, unsweetened chocolate, whole milk powder, soy lecithin [an emulsifier], natural vanilla), pretzels (unbleached enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, malt, leavening [contains organic yeast]),

Choc stars (dehydrated cane juice, unswt chocolate, cocoa butter, soy lecithin [emulsifier], vanilla, yogurt peanuts (yogurt coating [evap cane juice, fract palm kernel oil, nonfat yogurt powder (milk), soy lecithin, lactic acid, natural vanilla, salt], peanuts [peanuts, peanut or cottonseed oil]),

Chocolate chips (evaporated cane juice, unsweetened chocolate, cocoa butter, soy lecithin, salt, vanilla), ginger (ginger, evaporated cane juice), tamari almonds (almonds, tamari shoyu sauce [water, soybeans, salt, wheat]), cranberries (cranberries, evaporated cane juice, sunflower oil),

Yogurt coating (evaporated cane juice, fractionated palm kernel oil, yogurt powder [milk], soy lecithin [an emulsifier], lactic acid, natural vanilla, salt), almonds, pure food glaze. Processed in a facility which uses tree nuts, peanuts, soy, wheat, and milk.

Yogurt coating (evaporated cane juice, fractionated palm kernel oil, yogurt powder [milk], soy lecithin [an emulsifier], lactic acid, natural vanilla, salt), pretzels (enriched wheat flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid] salt, malt, leavening [contains organic yeast]),

Yogurt coating (evaporated cane juice, fractionated palm kernel oil, yogurt powder [milk], soy lecithin [an emulsifier], lactic acid, natural vanilla, salt), raisins, pure food glaze. Processed in a facility which uses tree nuts, peanuts, soy, wheat and milk.

Almonds

Dry roasted almonds and salt. May contain trace amounts of tree nuts and peanuts.

Almonds dry roasted. May contain trace amounts of tree nuts and peanuts.

Organic dried apples

Sugar, almonds, tapioca dextrin, corn syrup, starch solution (modified starch, sugar, vegetable oil - coconut origin), natural & artificial flavors, artificial colors (red 3, yellow 5 lake, blue 1 & 2 lake, titanium dioxide), confectioner's glaze (with beeswax & carnauba wax). Made in a facility that also processes

Confectioner's coating (sugar, fractionated palm kernel oil, cocoa powder, whey powder, nonfat milk powder, soy lecithin - an emulsifier, natural vanilla flavor, sunflower seeds, sugar, tapioca dextrin, artificial colors (red 3, yellow 5, yellow 6, blue 1, red 40 lake, yellow 5&6 lake, blue 1&2 lake),

Bananas, coconut oil, sugar and natural banana flavor. Packaged in a plant that also processes peanuts, tree nuts, soy, wheat (gluten) and milk products.

Organic bananas, organic coconut oil, organic sugar.

Organic Pearled Barley

Organic Black Beans

Whole cashews, sunflower oil, sea salt, black pepper. Processed in a facility which uses tree nuts, peanuts, soy, wheat and milk.

Brazil nuts (imported)

Organic Flax Seeds (whole)

Unbleached wheat flour, canola oil, sesame seeds, red pepper, tomato powder, beet powder, jalapeno powder, onion powder, and turmeric. Manufactured on shared equipment with products containing milk.

Dry roasted pistachios, salt

Honey, sunflower seeds, carob powder, peanuts, sesame seeds, pumpkin seeds, cashews, peanut butter. This product was manufactured in a plant that also handles milk, eggs, tree nuts, wheat and soy products.

Unbleached Wheat Flour, Canola Oil, sesame seeds, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, whey [milk], buttermilk, salt, sodium citrate, sodium phosphate, lactic acid), salt, annatto

Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil), rice flour, cornstarch, cherries, (sour cherries, evaporated cane juice, vegetable glycerin, canola oil), honey, natural flavor, salt, organic barley malt syrup, cherry powder, ascorbic acid, elderberry

Mango (mango, evaporated cane juice), paprika, chile pepper, salt, citric acid, evaporated cane juice, chile seeds, cayenne pepper, canola oil. Processed in a facility which uses tree nuts, peanuts, soy, wheat, milk.

Maltitol, cocoa butter, chocolate liquor, sodium caseinate (a milk derivative), milk fat, soy lecithin (an emulsifier), vanilla, salt, dry roasted almonds, confectioner's glaze. One serving contains 16g of sugar alcohol. Excessive consumption may have a laxative effect. This product made in a facility that also processes

Chocolate coating (naturally dehydrated cane juice, cocoa butter, unsweetened chocolate, whole milk powder, soy lecithin, natural vanilla), peanut butter coating (naturally dehydrated cane juice, fractionated palm kernel oil, peanut flour, whey, lecithin), malt balls (glucose syrup [corn], evaporated cane juice),

Honey, sunflower seeds, peanuts, sesame seeds, tofu powder (soy), raisins, nutty rice cereal (brown rice, raisin juice from concentrate, sea salt), dried cranberries (sugar, cranberries, sunflower oil), dried blueberries (cultivated blueberries, sugar, sunflower oil), natural flavor (alcohol free),

Whole rolled oats, vegetable oil (canola and/or safflower and/or sunflower oil), coconut, milled cane sugar, almonds, molasses, honey, salt, organic cardamom seed, organic fennel seed, organic fenugreek seed, organic nutmeg. CONTAINS COCONUT AND ALMONDS. Produced in a facility that also processes

Long grain brown rice, Wehani, Black Japonica.

Sugar, cranberries, sunflower oil.

Raisins un sulphured, sunflower seeds, dried cranberries un sulphured (cranberries, sugar and sunflower oil), papaya dice low sugar un sulphured, pumpkin seeds, cashew pieces, apple dice un sulphured and almonds. Made in a plant that also processes cashews and almonds.

Ginger, cane sugar

Organic almonds, organic sugar, organic chocolate liquor, organic cocoa butter, organic soy lecithin (an emulsifier), organic vanilla and confectioner's glaze. This product made in a facility that processes peanuts/nuts, wheat, soy and dairy items.

Organic dark chocolate (organic sugar, organic chocolate liquor, organic cocoa butter, soy lecithin [added as emulsifier], and organic vanilla). Made in a plant that also processes soy.

Coffee beans, sugar chocolate liqueur, cocoa butter, soy lecithin (an emulsifier), vanilla, confectioner's glaze. This product made in a facility that processes peanuts/nuts.
Organic kidney beans
Organic shredded coconut and organic CA deglet noors
Almonds*, cashews*, Brazil nuts*, blanched filberts*, pecans*, non-hydrogenated peanut oil* and salt. CAUTION: may contain occasional shell fragments. Packaged in a plant that also processes peanuts, tree nuts, soy, wheat (gluten) and milk products.
Blueberries, apple juice concentrate, organic canola oil.
Dry roasted almond pieces. May contain cashews, almonds, brazil nuts, filberts, pecans, pistachios, macadamia nuts, pine nuts, soy (soybeans), milk and wheat.
Soybeans and salt.
Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil), rice flour, cornstarch, almonds, honey, salt, natural flavor, organic barley malt syrup, organic cardamom seed, organic nutmeg. CONTAINS ALMONDS. Produced in a facility that processes tree nuts.
Unbleached wheat flour, sunflower oil, sesame seed, oat bran, dehydrated garlic, salt, beet powder and turmeric (as color).
Organic granola clusters (org rolled oats, orga evaporated can juice, organic tapioca syrup, org flax seeds, org expeller pressed canola oil, org oat bran), organic raisins, organic yogurt raisins (org yogurt coating [org evap cane juice, org fractionated palm kernel oil, org non fat yogurt {milk}], organic cane sugar, organic brown rice flour, organic flax seeds, organic oat syrup solids, organic ginger, organic cinnamon, sea salt, organic molasses, organic cloves, organic nutmeg, rice bran extract. May contain traces of peanuts, tree nuts or soy.
Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil), rice flour, cornstarch, honey, organic ginger root, salt, organic barley malt syrup, organic cinnamon bark, organic cardamom seed, organic, organic fennel seed, organic fenugreek seed, organic nutmeg.
Organic rolled oats, organic evaporated cane juice, organic soy oil, organic brown rice flour, organic cashews, organic oat syrup solids, organic ginger, organic cinnamon, sea salt, organic molasses, organic cloves, organic nutmeg, rice bran extract. May contain traces of peanuts, tree nuts or soy.
Organic Golden Flax Seeds
Rollled oats, natural sweetener (brown rice syrup, agave nectar), expeller pressed canola oil, sunflower seeds, almonds, oat syrup powder, walnuts, oat bran, sesame seeds, cashews, natural vitamin E and ascorbic acid (for freshness). Contains Almonds, Walnuts, Cashews
Organic dried green lentils.
Organic whole grain hard red spring wheat
Organic rolled oats, organic evaporated cane juice, organic soy oil, organic brown rice flour, organic flaxseeds, organic hemp seeds, organic oat syrup solids, sea salt, organic molasses, rice bran extract. May contain traces of peanuts, tree nuts and soy.
Rollled oats, honey, expeller pressed canola oil, sunflower seeds, almonds, walnuts, oat syrup, oat bran, sesame seeds, cashews, natural vitamin E and ascorbic acid (for freshness). Contains: almonds, walnuts, cashews.
Honey roasted mixed nuts (peanuts, almonds, cashews, pecans, sucrose, honey, wheat starch, expeller pressed high monounsaturated safflower and/or sunflower oil, maltodextrin, lactose, salt). Processed on equipment shared with peanuts, other nuts and seeds.
peanuts, sugar, peanut and/or canola oil, honey, salt, modified potato starch, xanthan gum. May contain cashews, almonds, brazil nuts, filberts, pecans, pistachios, macadamia nuts, pine nuts, soy (soybeans), milk and wheat.
Unbleached wheat flour, soybean oil, sesame seeds, honey coating (sucrose, wheat starch, honey), bulgur wheat, tack blend (maltodextrin, xanthan gum, salt), beet powder and turmeric. Processed in a facility that processes tree nut, peanut, wheat, soybean and dairy products.
Imported cashews, vegetable oil (may contain one or more of the following oils: peanut oil, safflower oil and/or canola oil), salt.
Organic thompson raisins.
Organic Long Grain Brown Rice
Whole rolled oats, milled cane sugar, molasses, cornstarch, honey, fruit juice concentrate (pear and peach juice), natural flavor, freeze dried strawberries, freeze dried raspberries, organic cardamom seed, organic fennel seed, organic fenugreek seed, organic nutmeg. Produced in a facility that processes tree nuts.
Organic Long Grain Brown Rice, Organic Sweet Brown Rice, Organic Wild Rice Bits, Organic Wehani Brown Rice, Organic Black Japonica Brown Rice
Organic mangoes.
Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil), molasses, maple syrup, almonds, honey, natural flavor, salt, organic cardamom seed, organic fennel seed, organic fenugreek seed, organic nutmeg. CONTAINS ALMONDS. Produced in a facility that processes tree nuts.
Salted almonds (roasted in expeller extracted peanut oil), pure maple syrup. Made in a facility that processes tree nuts and peanuts.
Organic almonds, organic sugar, organic milk powder, organic cocoa butter, organic chocolate liquor, organic soy lecithin (an emulsifier), organic vanilla, and confectioner's glaze. This product made in a facility that processes peanuts/nuts, wheat, soy & dairy items.
Cashews, sugar, whole milk, chocolate liqueur, cocoa butter, partially hydrogenated palm kernel oil, cocoa powder, salt, lecithin (an emulsifier), vanilla, and confectioner's glaze. This product made in a facility that processes peanuts/nuts, wheat, soy & dairy items.
Milk chocolate (sugar, whole milk, cocoa butter, chocolate liquor, soy lecithin [an emulsifier], vanilla [an artificial flavor]), corn syrup, pecans, sweetened condensed milk, margarine, invert sugar and artificial flavor. This product made in a facility that processes peanuts/nuts.
Organic raisins, organic sugar, organic milk powder, organic cocoa butter, organic chocolate liquor, organic soy lecithin (an emulsifier), organic vanilla, and confectioner's glaze). This product made in a facility that processes peanuts/nuts, wheat, soy & dairy items.
Milk chocolate coating (dehydrated cane juice, cocoa butter, unsweetened chocolate, whole milk powder, soy lecithin [an emulsifier], natural vanilla), butter toffee peanuts (evaporated cane juice), peanuts, butter [cream {milk}, salt, annatto color {added seasonally}], salt), pure foods glaze
Milk chocolate (sugar, cocoa butter, dry whole milk, chocolate, soy lecithin [an emulsifier], salt, vanilla), peanuts, sugar, palm kernel oil, lactose, salt, soy lecithin (an emulsifier). May contain wheat, eggs, almonds, cashews, pecans, brazil nuts, macadamia nuts, hazelnuts, pistachios and walnuts.
Mango, citric acid. Packaged in a facility that processes tree nuts, peanut, wheat, soybean and dairy products.
Organic Whole Oats
Papaya and sugar (product of Thailand). Packaged in a plant that also processes peanuts, tree nuts, soy, wheat (gluten) and milk products.
Milk chocolate (sugar, whole milk, cocoa butter, chocolate liquor, soy lecithin [an emulsifier], pure vanilla), dried cherries, pastel coating (sugar, partially hydrogenated palm kernel oil, whey, nonfat milk, mono and diglycerides and soy lecithin [emulsifiers], pure vanilla, artificial lake colors)
Dry roasted runner peanuts
Raw Peanuts (USA)
Organic raw pecans
White couverture (sugar, partially hydrogenated palm kernel oil, nonfat milk powder, soy lecithin [an emulsifier], monoglycerides, artificial color [titanium dioxide] and artificial flavor), couverture (sugar, partially hydrogenated palm kernel oil, whole milk solids, reduced mineral whey powder)
Pine Nuts
Pineapple and sugar (product of Thailand). Packaged in a plant that also processes peanuts, tree nuts, wheat (gluten) and milk products.
Organic pinto beans
Organic rolled oats, organic evaporated cane juice, organic crispy rice cereal (organic brown rice flour, organic evaporated cane juice, sea salt, organic molasses, organic rice bran extract), organic soy oil, organic dried coconut, organic pomegranate juice concentrate, organic red sour cherries
Organic dried prunes
Organic rolled oats, organic evaporated cane juice, organic soy oil, organic brown rice flour, organic pumpkin seeds, organic flaxseeds, organic oat syrup solids, sea salt, organic molasses, rice bran extract, organic cinnamon. May contain traces of peanuts, tree nuts, or soy.

Organic Raw Pumpkin Seeds
Organic Whole Grain Quinoa (imported)
Whole rolled oats, milled cane sugar, rice flour, vegetable oil (canola and/or safflower and/or sunflower oil), cornstarch, Brazil nuts, cashews, brown rice syrup, salt, natural flavor, organic barley malt syrup. CONTAINS BRAZIL NUTS AND CASHEWS. Produced in a facility that processes tree r
Oats, chicory root syrup, expeller pressed canola oil, freeze-dried raspberries, oat syrup, oat bran, natural raspberry flavor, soymilk powder, natural vitamin E and ascorbic acid (for freshness). Contains no dairy ingredients.
Yogurt coating (evap can juice, fractionated palm kernel oil, yogurt powder, soy lecithin [an emulsifier], lactic acid, vanilla, salt), pretzels (enriched unbleached wheat flour [niacin, iron, thiamin, riboflavin, folic acid], salt, organic canola oil, yeast, sodium bicarbonate, soda), natural raspberry
Whole filberts
Raw pecans (USA)
Raw pecans
Raw walnuts
Organic Raw Walnuts
Cherries, sugar, sunflower oil. CAUTION: dried cherries are a natural product and may contain occassional pit.
Organic Oats
Glutinous rice, soy sauce (water, soybean, wheat, sea salt), maltose and or sucrose, sesame seed, seaweed, chili and paprika. Made in a plant that also processes soy and wheat.
100% Whole Oats
Sesame seeds, sugar, corn syrup, honey. Processed in a facility that also processes almonds and pistachios.
Unbleached wheat flour (malted barley flour added as a preservative), soybean oil, sesame seeds, bulgur wheat, salt, beet powder (color), turmeric (color). This product made in a facility that uses dariy, soy, tree nuts and wheat products.
Dried coconut.
Organic soybeans, expeller pressed canola oil, sea salt
Organic Sunflower Seeds
Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil), molasses, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, salt, natural flavor, organic cardamom seed, organic fennel sed, organic fenugreek seed, organic nutm
Wasabi Peas (green peas, corn starch, wheat flour, rice flour, liquid sugar, palm oil, salt, wasabi flavor, artificial colors FD&C Yellow no. 5 and blue no.1), wasabi peanuts (peanuts, wheat flour, rice flour, sugar, leavening [ammonium bicarbonate, baking soda], soybean oil, wasabi seasoning
California grown almonds, organic wheat free tamari (water, whole organic soybeans, salt and organic alcohol)
Shelled pumpkin seeds, wheat free tamari seasoning (water, soybeans, salt, alcohol)
Sunflower seeds, wheat free tamari seasoning (water, soybeans, salt, alcohol).
Organic dry roasted pumpkin seeds, organic tamari soy sauce (water, organic soybeans, sea salt) organic garlic, organic cayenne pepper. Made on equipment that handles tree nuts and sesame seeds.
Dried tart cherries. CAUTION: dried cherries are a natural product and may contain occassional pit.
Dried organic turkish apricots.
Dried turkish apricots, sulphur dioxide to retain color.
Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil), rice flour, coconut, cornstarch, almonds, honey, natural flavor, salt, organic barley malt syrup, oganic cardamom seed, organic fennel seed, organic fenugreek seed, organic nutmeg, CONTAIN
Green peas, corn starch, wheat flour, rice flour, glucose and/or sucrose, palm oil, sea salt, wasabi (mustard powder). Product of Malaysia. Made in a plant that also processes wheat (gluten).
Sugar, corn syrup, agar, citric acid, titanium dioxide, natural and artificial flavors, artificial colors, FD&C Yellow #5, FD&C Red #40, FD&C #40, FD&C Blue#1.
Organically grown white basmati rice.
Whole almonds
Organic whole almonds
Organic raw cashews
Cashews (imported)
Whole wheat pastry flower, figs, honey, grape juice concentrate, canola oil, molasses, cornstarch, malt syrup, cultured whey powder (milk), salt, soy lecithin, baking soda. This product was manufactured in a plant that also handles eggs, tree nuts and peanuts.
Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil, rice flour, cornstarch, flax seed, honey, freeze dried blueberries, salt, natural flavor, organic barley malt syrup, organic cardamom seed, organic fennel seed, organic fenugreek seed, organic n
Unbleached wheat flour, wild rice, canola oil, salt and turmeric. May contain trace amounts of sesame seeds.
Oil roasted valencia peanuts (peanuts, expeller pressed high monounsaturated safflower and/or sunflower oil), raisins, raw sunflower seeds, almonds, oil roasted pumpkin seeds (pumpkin seeds, expeller pressed high monounsaturated safflower and/or sunflower oil), raw pecans, raw cash
Organic popcorn
Organic yogurt coating (organic evaporated cane juice, org fractionated palm kernel oil, org non fat yogurt [milk], soy lecithin (emulsifier), org lactic acid, org salt, org vanilla), organic banana chips (organic bananas, organic coconut oil, organic evaporated cane juice). Processed in a facility v

Preparation

ce (for color), organic cardamom seed, organic fennel seed, organic fenugreek seed, organic nutmeg. CONTAINS ALMONDS. Produced in a facility that processes tree nuts, wheat and soy.

te, cocoa butter, soy lecithin [emulsifier], vanilla), rstd almonds, peanut butter raisins (peanut butter coating [evap cane juice, fract palm kernel oil, peanut flour, whey, soy lecithin], raisins, pure foods glaze), choc raisins (milk choc [whole grain malted barley & corn, whole milk powder, coc

essed in a facility which uses tree nuts, peanuts, soy, wheat, milk.

; malt, yeast, baking soda). Processed in a facility which uses tree nuts, peanuts, soy, wheat and milk.

ure food glaze), almonds, vanilla chips (evap cane juice, fract palm kernel oil, whole milk powder, barley malt [malt, corn], nonfat dry milk, soy lecithin, natural vanilla, milk choc peanuts (milk choc [whole grain malted barley & corn, whole milk powder, cocoa butter, unsweet chocolate, soy

paya (papaya, evaporated cane juice), roasted cashews (cashews, sunflower oil and/or safflower oil and/or canola oil, salt), raisins, pineapple (pineapple, evaporated cane juice, fruit juice), apricots. No sulphur dioxide. No preservatives. Processed in a facility which uses tree nuts, peanuts, s

ne or more of the following: yeast, sodium bicarbonate, ammonium bicarbonate]). Processed in a facility that uses tree nuts, peanuts, soy, wheat and milk.

processes peanuts, tree nuts, milk, soy and wheat-containing products.

ake, titanium dioxide), carnauba wax, confectioner's glaze, contains milk and soy. Made on shared equipment with peanuts, tree nuts, sesame seeds and wheat-containing products.

Use 2 1/2 to 3 cups liquid to 1 cup barley. Bring water to a boil. Add barley, stir. Cover, reduce heat. Cook 35 to 40 minutes. Or presoak overnight in a ratio of 2 parts liquid to 1 part grain and cook for 15 minutes.

Wash beans and drain. Cover with cold water, discard floaters and soak 4-8 hours in cool place. Drain and add 3 cups of fresh water for every cup of beans. Cover, bring to a boil. Simmer approximately 1 1/2 hours

erry extract, organic cardamom seed, organic fennel seed, organic fenugreek seed, organic nutmeg. Produced in a facility that processes tree nuts, wheat and soy.

cility that produces peanuts/nuts.

aporated cane juice, whey, malted milk [wheat flour, malted barley, milk, sodium bicarbonate, salt], malt extract, coconut oil, soy lecithin), pure food glaze. Processed in a facility which uses tree nuts, pistachios, soy, wheat, and milk.

and natural vanilla. May contain occasional nut shell fragments or seed husks. IMPORTANT ALLERGY ALERT: This product may contain milk, tree nuts (almonds, pecans, walnuts), wheat, peanuts, eggs, and soy product.

hat processes tree nuts, wheat and soy.

Rinse rice. Combine 1 cup rice to 2 cups water (salt and 1 tbsp butter optional) in a pot with a tight fitting lid. Bring to boil, cover and simmer for 50 mintues. Do not remove lid. Remove from heat and let sit for 10 min.

Wash beans and drain. Cover with cold water, discard floaters and soak 4-8 hours in cool place. Drain and add 3 cups of fresh water for every cup of beans. Cover, bring to a boil. Reduce heat and simmer until soft approximately 1 1/2 hours

peanuts, wheat and soy.

organic soy lecithin (an emulsifier), lactic acid, salt, organic vanilla, organic raisins, pure food glaze), organic cranberries (organic evaporated cane juice, organic sunflower oil), organic almonds, organic banana (organic bananas, organic rice flour). Processed in a facility which uses tree nuts, peanuts, soy, wheat, milk, organic nutmeg. Produced in a facility that processes tree nuts, wheat and soy.

soy.

Wash lentils and drain. Add 3 cups of fresh water or broth for every cup of lentils. Add veggies and spices if desired. Cover and bring to a boil. Immediately simmer just until soft, approx 30-45 min.

Soak 1 cup wheat berries overnight in 3 1/2 cups cold water in covered pot. Boil the wheat berries in soaking water 15 minutes for parboiled wheat and 50-60 minutes for fully cooked berries. Add water if necessary as they cook.

Combine 1 cup rice to 2 cups water or broth in a pot with tight fitting lid. Stir once. Bring to a boil, reduce heat, simmer for 50 minutes. Remove from heat, let sit for 10 minutes. 1 tbsp butter and salt to taste can be added to water and rice.

that processes tree nuts, wheat and soy.

Combine 1 cup Wild Blend, 2 cups water or broth, 1 tbsp butter (optional), salt (to taste) in a pot with tight-fitting lid. Bring to a boil, stir once, reduce heat, cover and simmer for 45 minutes. Remove from heat. Allow to sit for 10 minutes.

by that processes tree nuts, wheat and soy.

Processed in a facility which uses tree nuts, peanuts, soy, wheat and milk.

nuts.

Combine 4 cups water with 1 cup steel cut oats. Bring to a boil, then reduce heat and simmer for 40-45 minutes, stirring occasionally. Makes 3 cups of cooked cereal. Add your choice of honey, maple syrup, fruit, nuts and spices.

(Red 40, Blue 2), citric acid, sugar, corn syrup, natural and artificial flavor, tapioca dextrin, confectioner's glaze. This product contains milk and soy and may contain wheat, peanuts and tree nuts.

er, nonfat dry milk solids, soy lecithin (an emulsifier), salt, artificial flavor and Red Lake No. 40), whole dry roasted almonds, confectioner's glaze, US Certified Colors included FD&C: Red#40, Blue#2Lake, Yellow #5 Lake, gum arabic. Product contains soy, tree nuts. Manufactured in a facility th

Wash beans and drain. Cover with cold water, discard floaters and soak 4-8 hours in cool place. Drain and add 3 cups of fresh water for every cup of beans. Cover, bring to a boil. Simmer approximately 1 1/2 hours

es, organic oat syrup solids. Produced in a facility that contains peanuts, tree nuts, soy and wheat.

Rinse quinoa. Place 2 parts liquid and 1 part quinoa in saucepan. Bring to boil, simmer approximately 10-15 minutes, until water is absorbed. Quinoa will look transparent when done.

uts, wheat and soy.

/ flavor, natural color (vegetable juice).

1 serving: 1 cup water, 1/2 cup oats, dash of salt. 2 servings: 1-3/4 cup water, 1 cup oats, 1/8 tsp salt. Boil water, add salt (salt optional). Stir in oats. Cook 5 mins over medium heat. Stir occasionally. Add fruit, nuts, honey and spices if desired.

eg. CONTAINS COCONUT, ALMONDS, CASHEWS AND WALNUTS. Produced in a facility that processes tree nuts, wheat and soy.

, potato starch, turmeric and color[E102 &W133]0, honey sesame sticks (unbleached white flour, soybean oil, sesame seeds, honey coating [sucrose, wheat starch, honey], bulgur wheat, tack blend (maltodextrin, xantam gum, salt), beet powder and turmeric), pineapple (pineapple, sulfu

IS COCONUT AND ALMONDS. Produced in a facility that processes tree nuts, wheat and soy.

Rinse rice. Combine 1 1/2 cups water or broth and XXX cups of rice in a pot with a tight-fitting lid. Bring to a boil, stir once, reduce heat, simmer for 20 mins. Do not remove lid. Remove from heat and let stand 10 mins.

tmeg. Produced in a facility that processes tree nuts, wheat and soy.

ews. Processed on equipment shared with peanuts, other tree nuts and seeds.

Use a 3-4 qt pan with loose lid. Pour popcorn to cover the bottom of the pan. Pour popcorn into a measuring cup. For every cup of kernels, add 1/3 cup of oil. Heat oil to 400-460 F. Test the oil with a few kernels. If they pop, add the rest. Shake to spread the oil. When popping slows, remove from heat. This product contains tree nuts, peanuts, soy, wheat and milk.

oa butter, unswt choc, soy lecithin, vanilla), raisins, pure food glaze), choc peanuts (milk choc [whole peanuts [peanuts, peanut or canola oil], pure food glaze), peanut butter peanuts (peanut coating [evap cane juice, fract palm kernel oil, peanut, flour, whey, soy lecithin], rstd peanuts [pe
/ lecithin, natural vanilla]), peanuts [peanuts, peanut or cottonseed oil], pure food glaze), redskin peanuts (peanuts, peanut and/or cottonseed oil, salt), org dark chocolate espresso beans (org evap cane juice, org unswt chocolate, org cocoa butter, organic soy lecithin, org vanilla), organic
oy, wheat, milk.

at processes tree nuts/peanuts, dairy (milk) & wheat products. May contain an occasional nut shell.

r dioxide, cane sugar, SO2, citric acid), cranberries (cranberries, sugar, sunflower oil), peanuts, and salt. Processed in a facility that processes tree nut, peanut, wheat, soybean and dairy products.

ve the pan from the stove.

eanuts, peanut or canola oil], pure food glaze). Made in the USA. Processed in a facility which uses tree nuts, peanuts, soy, wheat, mi

: roasted coffee beans, pure food glaze), pecans, peanuts (peanuts, peanut or cottonseed oil, salt), milk choc almonds (milk choc [same as