

Blackberry Hills 440022 - Granola Sugar Free

A healthy combination of whole grain ingredients for an old-fashioned taste. Hand mixed in small batches and slowly baked to give a soft crunch. Not too sweet; a nutritionally dense mix of whole grains, protein, and natural fiber satisfies longer than other breakfast and snack options.



Black	berry	Nutrition FactsServings per Container13Serving size25.0g (25g)			
	N·O·L·A R FREE	Amount per serving Calories	110		
	% Daily Value*				
	Total Fat 5g	6%			
CICCUM CONTRACTOR	Saturated Fat 0.5g				
817	Trans Fat				
		Cholesterol 0mg	0%		
* Benefits		Sodium 35mg	2%		
-		Total Carbohydrate 14g	5%		
A healthy combination of whole grain ingredient small batches and slowly baked to give a soft cru	Dietary Fiber 2g	7%			
whole grains, protein, and natural fiber satisfies Goes great with yogurt, parfaits, or by itself as a	Total Sugars 1g				
option for those searching for Kosher, Vegan, ar	d Non-GMO options.	Includes 1g Added Sugar	2%		
Ingredients	Allergens	Protein 4g			
		Vitamin D 0mcg	0%		
Whole grain oats, flour Mix	Free From:	Calcium 10mg	1%		
(brown rice flour, ground flax, whole bean garbanzo flour, oat	crustaceans 🔘 eggs 🔊 fish 街 milk	Iron 1mg	6%		
bran flour), Non-GMO canola oil, molasses, sunflower seeds,	Speanuts Soy 💮 tree nuts 🋞 wheat	Potassium 100mg	2%		
coconut, whole flax seeds, sea salt, pure vanilla, stevia, and herbal extracts of (but not limited to) fenugreek, sheep sorrel, milk thistle, red clover.		* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.			

Handling Suggestions

Store in a cool, dry place out of direct sunlight. Can also be kept in the fridge or freeze but not required.

Serving Suggestions

Great as cereal by itself or can be used over yogurt, fruit, and parfaits

Prep & Cooking Suggestions

None

Product Specifications

E	Brand			Manufacturer			Product Category				
Blackberry Hills Black			Blackk	berry Hills Bakery LLC							
UP	С	MFG	/IFG # SPC # GTIN			Pack	Pack Desc.				
8920440	02153	8920440	0021	440	022	2089204400215		157		12/12 OZ	
Gross V	Gross Weight Net Weight		ight	Country of Origin Kc			osher Child Nutrition				
9.75lb		9lb		United States		ates	Yes				
	Shipping Information										
Length	Width	Height	Volu	me	TIxH		Shelf Li	ife	Storage Temp From/		mp From/To
12in	14in	9in	0.88	3ft3	12x5	5	330day	ys	60°F / 77°F		



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Nutrition Analysis - By Measure

Calories	110	Total Fat	5g	Sodium	35mg
Protein	4	Trans Fats		Calcium	10mg
Total Carbohydrates…	14g	Saturated Fat	0.5g	Iron	1mg
Sugars	1g	Added Sugars	1g	Potassium	100mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



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