



### Raw Mineral Rich Crusts

**INGREDIENTS:** WHITE SESAME SEED\*, PUMPKIN SEED\*, GOLDEN FLAXSEED\*, BLACK SESAME SEED\*, SEA SALT, DULSE FLAKE\*, GARLIC\*, ONION\*

\*ORGANIC

- RAW
- VEGAN
- ORGANIC
- SPROUTED
- GRAIN FREE
- GLUTEN FREE



### Nutrition Facts

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
<b>Total Fat</b> 13g	<b>20%</b>	<b>Total Carbohydrate</b> 6g	<b>2%</b>
Saturated Fat 1.5g	8%	Dietary Fiber 3g	12%
Cholesterol 0mg	0%	Sugars 0g	
Sodium 110mg	5%	Protein 7g	
Vitamin A 0%		Vitamin C 0%	
		Calcium 4%	
		Iron 10%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories: 2,000 2,500

Total Fat Less than 65g 80g  
Saturated Fat Less than 20g 45g  
Cholesterol Less than 30mg 300mg  
Sodium Less than 2,400mg 2,400mg  
Total Carbohydrate 30g 375g  
Dietary Fiber 25g 30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



### Raw Breakfast Crusts

**INGREDIENTS :** HULLED BUCKWHEAT\*, GOLDEN FLAXSEED\*, SESAME SEED\*, RAISINS\*, GOJI BERRIES\*, SEA SALT

\*ORGANIC

- RAW
- VEGAN
- ORGANIC
- SPROUTED
- GRAIN FREE
- GLUTEN FREE



### Nutrition Facts

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
<b>Total Fat</b> 7g	<b>11%</b>	<b>Total Carbohydrate</b> 13g	<b>4%</b>
Saturated Fat 0g	0%	Dietary Fiber 3g	12%
Cholesterol 0mg	0%	Sugars 1g	
Sodium 100mg	4%	Protein 5g	
Vitamin A 0%		Vitamin C 0%	
		Calcium 2%	
		Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories: 2,000 2,500

Total Fat Less than 65g 80g  
Saturated Fat Less than 20g 45g  
Cholesterol Less than 30mg 300mg  
Sodium Less than 2,400mg 2,400mg  
Total Carbohydrate 30g 375g  
Dietary Fiber 25g 30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



### Raw Wheat Free Crusts

**INGREDIENTS :** SESAME SEED\*, SUNFLOWER SEED\*, GOLDEN FLAXSEED\*, BROWN FLAXSEED\*, SEA SALT \*, GARLIC\*, ONION\*, CELERY\*, RED BELL PEPPER\*, PARSLEY\*

\*ORGANIC

- RAW
- VEGAN
- ORGANIC
- SPROUTED
- GRAIN FREE
- GLUTEN FREE



### Nutrition Facts

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
<b>Total Fat</b> 11g	<b>17%</b>	<b>Total Carbohydrate</b> 7g	<b>2%</b>
Saturated Fat 1g	5%	Dietary Fiber 2g	8%
Cholesterol 0mg	0%	Sugars 0g	
Sodium 150mg	6%	Protein 6g	
Vitamin A 4%		Vitamin C 8%	
		Calcium 4%	
		Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories: 2,000 2,500

Total Fat Less than 65g 80g  
Saturated Fat Less than 20g 45g  
Cholesterol Less than 30mg 300mg  
Sodium Less than 2,400mg 2,400mg  
Total Carbohydrate 30g 375g  
Dietary Fiber 25g 30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



### Raw Green Crusts

**INGREDIENTS:** SESAME SEED\*, GOLDEN FLAXSEED\*, SUNFLOWER SEED\*, PUMPKIN SEED\*, BROWN FLAXSEED\*, SPIRULINA\*, LEMON PEEL POWDER\*, CHIA SEED\*, SEA SALT

\*ORGANIC

- RAW
- VEGAN
- ORGANIC
- SPROUTED
- GRAIN FREE
- GLUTEN FREE



### Nutrition Facts

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
<b>Total Fat</b> 10g	<b>15%</b>	<b>Total Carbohydrate</b> 5g	<b>2%</b>
Saturated Fat 0.5g	3%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 0g	
Cholesterol 0mg	0%	Protein 5g	
Sodium 100mg	4%		
Vitamin A 4%		Vitamin C 0%	
		Calcium 4%	
		Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories: 2,000 2,500

Total Fat Less than 65g 80g  
Saturated Fat Less than 20g 45g  
Cholesterol Less than 30mg 300mg  
Sodium Less than 2,400mg 2,400mg  
Total Carbohydrate 30g 375g  
Dietary Fiber 25g 30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

MFG	Case	Unit	Product	Product UPC	Product Dimensions inches	Case UPC	Case Dimensions inches	Case
Product ID	Count	Size	Description	000000-000000	L W H	000000-000000	L W H	Weight
701	12	4 oz	Raw Breakfast Crusts	853958003278	1.183" 5" 6.25"	728550000362	11" 11" 7"	5.39lbs
705	12	4 oz	Raw Green Spirulina Crusts	853958003308	1.183" 5" 6.25"	728550000843	11" 11" 7"	5.39lbs
703	12	4 oz	Raw Wheat Free Crusts	853958003292	1.183" 5" 6.25"	728550000058	11" 11" 7"	5.39lbs
702	12	4 oz	Raw Mineral Rich Crusts	853958003285	1.183" 5" 6.25"	728550000355	11" 11" 7"	5.39lbs

