



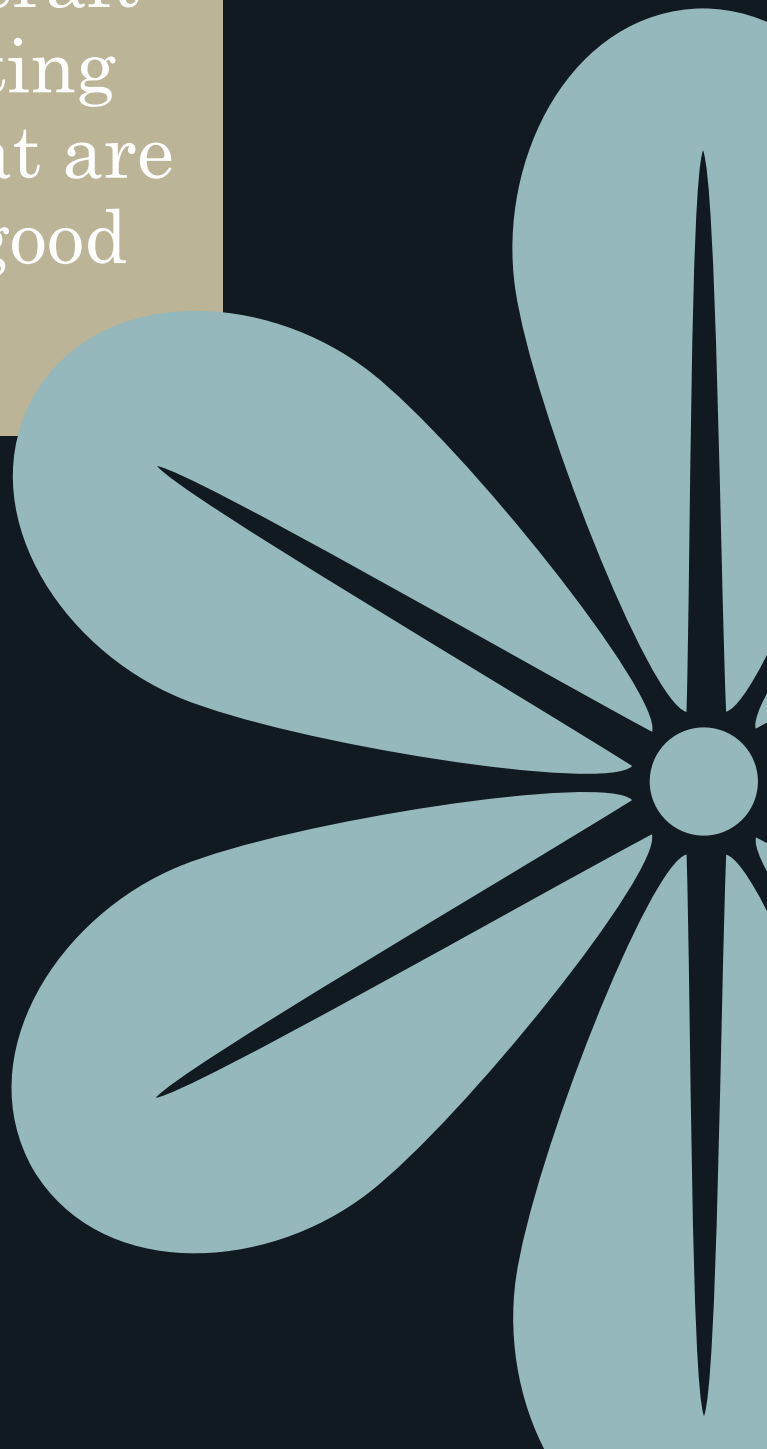
[kitzlivingfoods.com.au](http://kitzlivingfoods.com.au)

PRODUCT CATALOGUE



## OUR MISSION

To hand-craft  
great tasting  
treats that are  
actually good  
for you.



# CONTENTS

4	WHO WE ARE
5	WHAT WE DO
6	OUR PHILOSOPHY
9	CRACKERS
23	RAW PIZZA BASES
29	CHUNKS
39	COCONUT DREAMS
51	ACTIVATED NUTS
59	GRANOLAS & OTHER ACTIVATED PRODUCTS
65	SINGLE SERVE BARS

## WHO WE ARE

Born in the family kitchen in 2006, Kitz Living Foods has flourished into a thriving business. Fully HACCP certified, we are a family-owned, eco-conscious team of food lovers who are zealous about bringing healthy, delicious vegan alternatives into your life.

Owners Mandy and Scott, together with their children Aila and Rowan, are always having fun concocting new products for our ever-growing range.

## WHAT WE DO

At Kitz, we specialise in nutritious snacks that meet the strict requirements of vegans, raw foodies and allergy sufferers, yet are still delicious even if you don't have any dietary restrictions. All handcrafted in our kitchen in South Murwillumbah, New South Wales, many of our products are also suitable for those following a paleo, low-carb or ayurvedic diet. We are constantly experimenting with new ingredients and recipes, ensuring our range is continually evolving to meet the needs of our customers and changes in market demand.

## RAW, ACTIVATED AND DEHYDRATED

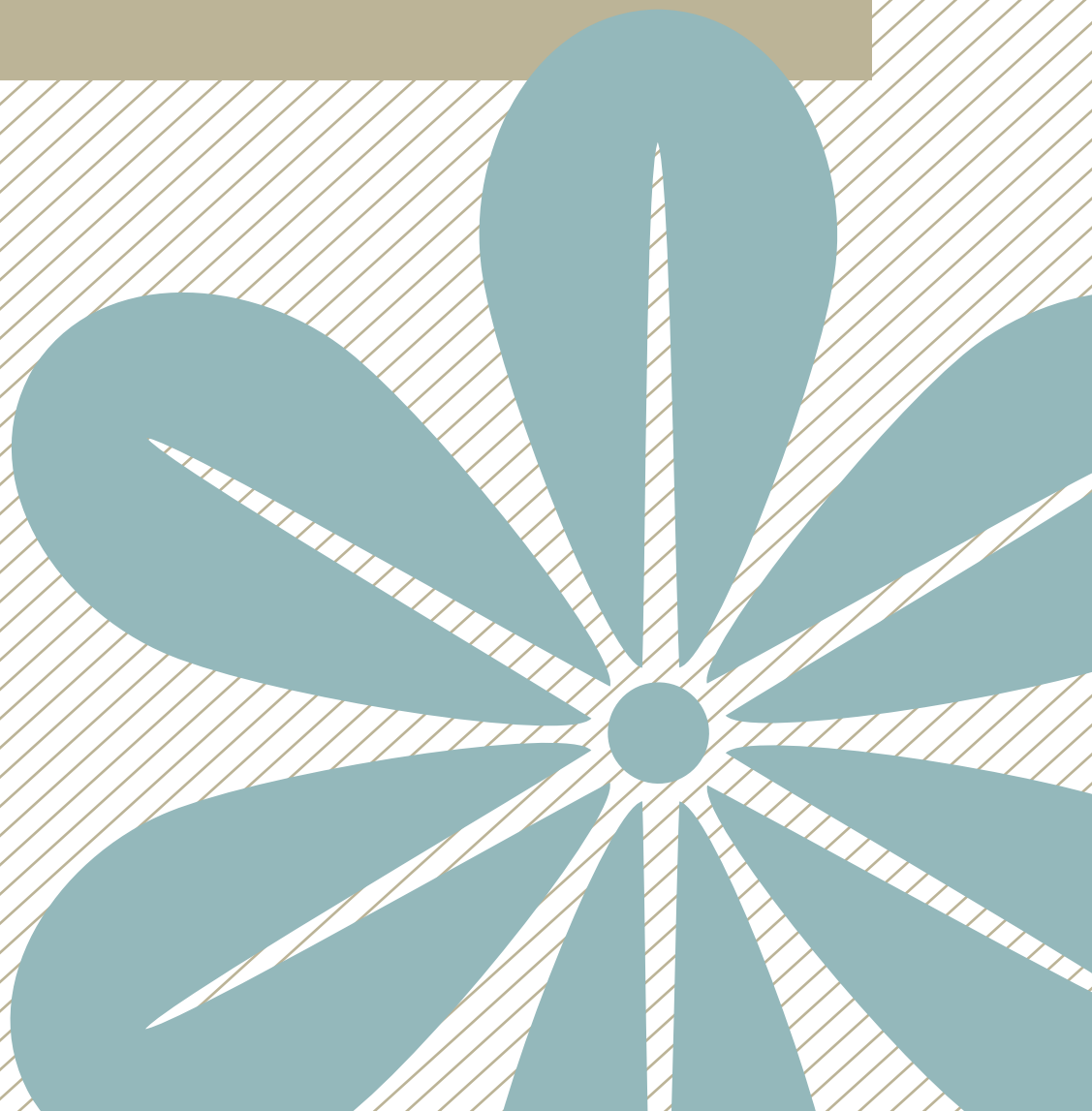
All of our nuts and seeds are soaked overnight in filtered water to 'activate' the ingredients, breaking down the naturally occurring enzyme inhibitors such as phytic acid, making them easier to digest. Then we slowly dehydrate them at 47°C or less so they remain 'alive and raw'. This is our way of ensuring your body absorbs the maximum amount of nutrition possible from our products.

## OUR ENVIRONMENTAL COMMITMENT

We are green and proud of it. Our factory is powered exclusively by 100% renewable energy and all of our retail packaging is 100% compostable. Our ingredients are always sourced locally when in season and/or available.

## OUR PHILOSOPHY

Simple. No artificial  
anything, ever.  
Healthy, delicious food,  
made with love.



## ALLERGENS

All of our products are free from: gluten, wheat, dairy, yeast, eggs, soy, peanuts, sesame, fish, shellfish, and refined sugar. We do use tree nuts, but only in select items.

## FRESH

We manufacture our products weekly and carry only a small inventory of finished product to ensure our customers receive the freshest stock possible. All of our products are manufactured with a nine month shelf life and are designed to be stored at normal room temperature.

## LEGEND

- P** Paleo friendly
- NF** Nut-free
- LC** Low-carb (under 8g carbs/100g)
- SS** Single serve bars available







# CRACKERS

Our signature products – a true labour of love, but worth every minute. Hand-spread and hand-cut, these ‘activated’ crackers come in a range of fantastic flavours and are absolutely jam packed with nutrients.

With a dip or spread, or even topped with your favourite sandwich fillings for a fabulous mealtime treat, just one or two of our crackers are enough to satisfy even the fiercest of appetites. Instead of using carb-loaded croûtons, try crumbling one of our crackers and sprinkling it over your salad or soup. Quick, easy and absolutely divine, we have a cracker to suit everyone’s tastes.

Packaged in environmentally friendly compostable bags.

Available in 100g retail packs.

## 12 FLAVOURS TO CHOOSE FROM:

Chilli Salsa P NF LC

Curry Buckwheat NF

Fresh Herb P NF LC

Fresh Herb, Dulse & Spirulina P NF LC

Gourmet 4 Seed P NF LC

Italian Herb & Garlic P NF LC

Mexican Buckwheat NF

Mini Pizza P LC

Rosemary & Black Pepper P NF LC

Savoury 4 Seed P NF LC

Southern BBQ P NF LC

Tomato & Basil P NF

## Chilli Salsa Crackers

Feel the heat. A tastebud-tingling blend of activated sunflower and flax seeds, tomato and spices, with just the right amount of firepower. Great with your favourite taco toppings for an easy Mexican night. Perfect with guacamole and a slice of vine ripened tomato. Enjoy topped with black beans and cilantro for an easy fast meal. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, flax seeds\*, carrots\*, sun dried tomatoes\*, onion \*, cumin\*, cajun seasoning (black pepper\*, natural sea salt, fennel\*, paprika\*, mustard\*, garlic \*, sage\*, chilli \*, thyme\*)

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	835 kJ	2780 kJ
Protein	7.6 g	25.3 g
Fat, total	17.0 g	56.8 g
- saturated	1.4 g	4.8 g
Carbohydrate	1.2 g	3.9 g
- sugars	0.9 g	3.1 g
Sodium	143 mg	478 mg



## Curry Buckwheat Crackers

Organic activated buckwheat, sunflower and flax seeds combined with a generous helping of aromatic curry powder makes these crackers curry-licious. If you love curry, these crackers are for you. They are great served with grilled eggplant, curried veggies or a Moroccan tagine. Made with activated seeds and buckwheat. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Buckwheat\*, sunflower seeds\*, flax seeds\*, carrots\*, curry powder (coriander\*, cumin\*, fennel\*, mustard\*, pepper\*, turmeric\*, chilli\*), garlic \*, extra virgin olive oil\*, coconut\*, sultanas\*, natural sea salt, cinnamon

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	672 kJ	2240 kJ
Protein	5.5 g	18.4 g
Fat, total	10.1 g	33.7 g
- saturated	1.0 g	3.3 g
Carbohydrate	9.4 g	31.4 g
- sugars	0.9 g	2.8 g
Sodium	186 mg	620 mg





## Fresh Herb Crackers

We start with an activated flax and sunflower seed base, then add a mild herb mix making these gluten-free crackers extremely versatile. Try them topped with hummus, Kalamata olives and grated carrots with a drizzle of olive oil and sea salt. They are also great as a base for a spring greens salad sandwich. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, flax seeds\*, carrots\*, sun dried tomatoes\*, mixed herbs (marjoram\*, basil\*, oregano\*, rosemary\*, thyme\*), garlic \*, natural sea salt

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	824 kJ	2750 kJ
Protein	7.5 g	25.1 g
Fat, total	16.9 g	56.4 g
- saturated	1.4 g	4.8 g
Carbohydrate	0.9 g	3.0 g
- sugars	0.9 g	2.8 g
Sodium	157 mg	522 mg



## Fresh Herb Dulse & Spirulina Crackers

We start with a base of activated golden flax and sunflower seeds, then gently mix with organic dulse flakes and spirulina. Know the power of green. Delightfully green and beautiful, these assertive crackers are best with mild dips or spreads. Try with grilled tofu, then a quick wash of wasabi for a sensuous taste sensation. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, flax seeds\*, carrots\*, sun dried tomatoes\*, dulse\*, mixed herbs (marjoram\*, basil\*, oregano\*, rosemary\*, thyme\*), spirulina\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	830 kJ	2770 kJ
Protein	7.7 g	25.8 g
Fat, total	16.9 g	56.4 g
- saturated	1.4 g	4.8 g
Carbohydrate	1.0 g	3.5 g
- sugars	0.9 g	2.8 g
Sodium	191 mg	638 mg



## Gourmet 4 Seed Crackers

Activated flax, sunflower seeds, pepitas and chia make for the crunchiest crackers. They contain no garlic or onion. Try them dipped in warm pumpkin soup. They are also great crumbled over a fresh garden salad or as a base for a salad sandwich. Drizzle with plenty of olive oil, vinegar and a sprinkle of black pepper. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, flax seeds\*, pepitas\*, chia seeds\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	856 kJ	2850 kJ
Protein	8.6 g	28.6 g
Fat, total	17.5 g	58.4 g
- saturated	1.8 g	6.2 g
Carbohydrate	1.5 g	4.9 g
- sugars	0.6 g	2.1 g
Sodium	5 mg	16 mg





## Italian Herb & Garlic Crackers

We start with activated flax and sunflower seeds, then mix with a lavish helping of garlic and herbs to make this cracker one of our most popular. Try this one topped with avocados, sprouts and black pepper. They are also great with fresh ripe tomato, oregano, olive oil and a pinch of salt. Made with activated seeds. Dehydrated below 47°C or optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, flax seeds\*, carrots\*, sun dried tomatoes\*, Italian herb blend (marjoram\*, oregano\*, basil\*, rosemary\*, thyme\*, garlic \*, onion \*), natural sea salt

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	829 kJ	2760 kJ
Protein	7.6 g	25.3 g
Fat, total	16.9 g	56.4 g
- saturated	1.4 g	4.8 g
Carbohydrate	1.1 g	3.7 g
- sugars	1.0 g	3.2 g
Sodium	127 mg	423 mg



## Mexican Buckwheat Crackers

Activated buckwheat, sunflower and golden flax seeds mixed with authentic Mexican spices produce our 'south of the border' cracker. These are great served with avocados and ground sea salt or tomatoes and fresh cilantro. Try serving with black beans and sprinkled with chopped jalapeño and onion. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Buckwheat\*, sunflower seeds\*, flax seeds\*, carrots\*, sun dried tomatoes\*, onion\*, cumin\*, cajun seasoning (black pepper\*, natural sea salt, fennel\*, paprika\*, mustard\*, garlic \*, sage\*, chilli\*, thyme\*), extra virgin olive oil\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	668 kJ	2230 kJ
Protein	5.5 g	18.5 g
Fat, total	10.0 g	33.3 g
- saturated	0.9 g	3.1 g
Carbohydrate	9.4 g	31.3 g
- sugars	0.8 g	2.6 g
Sodium	126 mg	420 mg



## Mini Pizza Crackers

With a base of activated almonds, flax and sunflower seeds, these crackers are mild, hearty and filling. Enjoy topped with vegan cheese, fresh tomato and garlic. They are also delicious topped with grilled veggies like zucchini or eggplant. Try them with your favourite pizza toppings tonight. Made with activated seeds and nuts. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, almonds\*, flax seeds\*, carrots\*, Italian herb mix (marjoram\*, oregano\*, basil\*, rosemary\*, thyme\*, garlic \*, onion \*), natural sea salt

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	967 kJ	3220 kJ
Protein	8.6 g	28.7 g
Fat, total	20.0 g	66.7 g
- saturated	1.6 g	5.4 g
Carbohydrate	1.5 g	4.9 g
- sugars	1.3 g	4.4 g
Sodium	156 mg	522 mg





## Rosemary & Black Pepper Crackers

Transport yourself to a summer garden with the fragrant blend of organic rosemary, activated flax and sunflower seeds and a medley of herbs. They make a great sandwich base or are ideal for mild dips like hummus. There is no tomato or onion in these crackers. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, flax seeds\*, carrots\*, rosemary\*, garlic\*, black pepper\*, natural sea salt, rosemary essential oil\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	838 kJ	2800 kJ
Protein	7.7 g	25.6 g
Fat, total	17.1 g	57 g
- saturated	1.5 g	4.9 g
Carbohydrate	1.3 g	4.4 g
- sugars	1.0 g	3.2 g
Sodium	198 mg	660 mg



## Savoury 4 Seed Crackers

Activated flax, sunflower seeds, pepitas and chia are the base of this garlic infused cousin of our Gourmet 4 Seed Crackers. This cracker stands up to any dip or makes a base for a sandwich. Try them with hummus, cucumber slices and green olives. Also great crumbled over a green salad or dipped into your favourite soup. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, flax seeds\*, pepitas\*, chia seeds\*, carrots\*, herb blend (dried tomato\*, parsley\*, basil\*, marjoram\*, oregano\*, black pepper\*), onion\*, garlic\*, natural sea salt

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	868 kJ	2890 kJ
Protein	8.7 g	29.0 g
Fat, total	17.6 g	58.5 g
- saturated	1.8 g	6.2 g
Carbohydrate	1.9 g	6.4 g
- sugars	0.9 g	3.0 g
Sodium	156 mg	522 mg



## Southern BBQ Crackers

Activated flax and sunflower seeds form the base of this spicy BBQ cracker. Enjoy this cracker with beans or fish, slices of ripe avocado and sunflower sprouts, then drizzled with olive oil and a sprinkle of freshly ground pepper. They are also great with diced tomato and Kalamata olives. Made with activated seeds. Dehydrated below 47 °C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, flax seeds\*, carrots\*, BBQ seasoning blend (natural sea salt, paprika\*, cumin\*, black pepper\*, chilli powder\*, garlic\*, nutmeg\*, oregano\*)

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	858 kJ	2860 kJ
Protein	7.7 g	25.7 g
Fat, total	17.4 g	58 g
- saturated	1.5 g	4.9 g
Carbohydrate	1.6 g	5.3 g
- sugars	1.1 g	3.8 g
Sodium	151 mg	503 mg





## Tomato & Basil Crackers

Activated flax and sunflower seeds form the base of this summery cracker. Enjoy this with fresh greens, slices of ripe avocado and sunflower sprouts, then drizzled with olive oil and a sprinkle of freshly ground pepper. Try them with tomato and crumbled cashew cheese. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, flax seeds\*, carrots\*, dried tomato\*, tomato powder\*, basil\*, onion\*, garlic\*, natural sea salt, basil essential oil\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 3.30

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	805 kJ	2680 kJ
Protein	7.5 g	25.1 g
Fat, total	15.9 g	53.0 g
- saturated	1.4 g	4.5 g
Carbohydrate	2.7 g	9.1 g
- sugars	1.2 g	4.0 g
Sodium	379 mg	1260 mg





## RAW PIZZA BASES

Just like our crackers, but hand-spread into 16cm rounds, our Raw Pizza Bases are great for a quick meal. Top with your favourite spread, seasonal vegetables, herbs, olives or edible flowers – the combinations are endless. Designed to be served raw to preserve their health benefits, but can also be served slightly warmed if desired.

Two bases packaged in environmentally friendly recyclable boxes, sealed for freshness in compostable inner bags.

Available in 120g retail packs or 36-count bulk packs.

### 3 FLAVOURS TO CHOOSE FROM:

**Classic** P LC

**Fresh Herb Dulse & Spirulina** P NF LC

**Tomato & Basil** P NF



## Classic Raw Pizza Base

Raw and activated, these pizza bases are hearty and filling. Two generous single servings are included in the box - so invite a friend to dinner tonight. Enjoy with tasty toppings such as vegan cheese and veggies. If basil is in season, try pesto, ripe tomato, olive oil, salt and pepper. The almonds in the cracker make it a substantial meal. Made with activated seeds and nuts. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Raw Pizza Base – Classic: Sunflower seeds\*, almonds\*, flax seeds\*, carrots\*, Italian herb mix (marjoram\*, oregano\*, basil\*, rosemary\*, thyme\*, garlic \*, onion \*), natural sea salt

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 2.00

Serving size: 60.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1830 kJ	3050 kJ
Protein	16.2 g	27.0 g
Fat, total	38.2 g	63.6 g
- saturated	3.1 g	5.2 g
Carbohydrate	2.2 g	3.7 g
- sugars	2.2 g	3.6 g
Sodium	40 mg	66 mg



## Dulse & Spirulina Raw Pizza Base

Two generous single serves are included in the box - so invite a friend to dinner tonight. We start with a base of activated golden flax and sunflower seeds, then gently mix with organic dulse flakes and spirulina. Green and beautiful, let your creativity loose on these raw pizza bases. They shine topped with raw veggies, cashew cheese & grilled veggies. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, flax seeds\*, carrots\*, sun dried tomatoes\*, dulse\*, mixed herbs (marjoram\*, basil\*, oregano\*, rosemary\*, thyme\*), spirulina\*

\*Certified organic ingredient

### NUTRITION INFORMATION

Servings per package:	2.00	
Serving size:	60.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1630 kJ	2720 kJ
Protein	15.6 g	26.0 g
Fat, total	33.2 g	55.3 g
- saturated	2.8 g	4.7 g
Carbohydrate	2.1 g	3.5 g
- sugars	1.7 g	2.8 g
Sodium	24 mg	40 mg





## Tomato & Basil Raw Pizza Base

Activated flax and sunflower seeds form the base of this summery pizza base. Enjoy this with fresh greens, slices of ripe avocado and sunflower sprouts, then drizzled with olive oil and a sprinkle of freshly ground pepper. Try them with tomato and crumbled cashew cheese. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, flax seeds\*, carrots\*, tomato\*, tomato powder\*, basil\*, onion\*, garlic\*, natural sea salt, basil essential oil\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 2.00

Serving size: 60.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1610 kJ	2680 kJ
Protein	15.1 g	25.1 g
Fat, total	31.8 g	53.0 g
- saturated	2.7 g	4.5 g
Carbohydrate	5.4 g	9.1 g
- sugars	2.4 g	4.0 g
Sodium	758 mg	1260 mg











# CHUNKS

Indulge your sweet tooth with our chunks; delicious and satisfying bite-sized snacks. Delightfully sweet, they are still 'real food', using only natural sugars and flavours.

Some made with nuts, some without, they are the ideal snack for the lunch box, car or office. With flavours ranging from the traditional to the pleasantly surprising, there is a chunk for everyone.

Packaged in environmentally friendly compostable and resealable bags. Available in 150g retail packs and 1kg bulk packs.

## 8 FLAVOURS TO CHOOSE FROM:

**Banana Date & Walnut P**

**Chewy Choc Fudge P NF**

**Choc Chip & Goji NF**

**Fig & Macadamia P**

**Naughty But Nice**

**Pineapple Pepita & Almond P**

**Quinoa Energy Chocolate Brownie (bars) NF**

**Active Walnuts Apple Cinnamon & Agave**



## Banana Date & Walnut Chunks

Large whole organic Australian walnuts and sunflower seeds are activated with an overnight soak in filtered water, mixed with organic bananas, dates, coconut, raw vanilla and cinnamon; then low-temperature dehydrated. Who can resist the classic combination of bananas, dates and walnuts? This chunk is reminiscent of a home baked treat, without the added sugar or 'bad stuff'... simply irresistible!

### INGREDIENTS

Sunflower seeds\*, dates\*, bananas\*, walnuts\*, coconut\*, vanilla\*, cinnamon\*

\*Certified organic ingredient

### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	758 kJ	2530 kJ
Protein	4.8 g	15.9 g
Fat, total	11.7 g	39.1 g
- saturated	1.3 g	4.5 g
Carbohydrate	12.2 g	40.8 g
- sugars	11.6 g	38.5 g
Sodium	2 mg	8 mg



## Chewy Choc Fudge Chunks

Creamy, chocolatey and raw. This decadent treat is great with a cup of steaming green tea. Our creamiest chunk, it tastes so rich on the tongue - you won't believe it is good for you (and raw!). Try this chunk crumbled over a scoop or two of coconut ice cream for a real treat. It's a healthy, raw chocolate indulgence with all the nutrition still inside. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, dates\*, coconut\*, cacao powder\*, vanilla\*, cinnamon\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	699 kJ	2330 kJ
Protein	5.0 g	16.6 g
Fat, total	11.3 g	37.5 g
- saturated	2.0 g	6.7 g
Carbohydrate	9.9 g	33.1 g
- sugars	9.2 g	30.6 g
Sodium	2 mg	8 mg



## Choc Chip & Goji Chunks

We start with activated buckwheat, then mix in plenty of dates, sultanas and goji berries, plus a heap of cacao nibs to craft this delightfully crunchy treat. The goji berries make this our most colourful chunk, a feast for the eyes as well as the tongue. Snack on this right out of the bag. Made with activated buckwheat. Dehydrated below 47°C for optimal taste and nutrition. A seed and nut-free chunk.

### INGREDIENTS

Buckwheat\*, dates\*, sultanas\*, cacao nibs\*, goji berries\*, vanilla\*, cinnamon\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	428 kJ	1430 kJ
Protein	3.0 g	10.0 g
Fat, total	0.9 g	3.1 g
- saturated	0.3 g	1.0 g
Carbohydrate	20.1 g	67.1 g
- sugars	9.7 g	32.3 g
Sodium	7 mg	22 mg





## Fig & Macadamia Chunks

A surprising blend of organic raw figs and macadamia nuts is unlike anything you have ever tasted. Enjoy with your afternoon cuppa or as a grab-and-go breakfast on your way out the door. They are also delicious served on a bowl of rock hard coconut ice cream. Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Figs\*, macadamias\*, sultanas\*, sunflower seeds\*, mixed spice (cinnamon\*, coriander\*, ginger\*, cloves\*), vanilla\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	737 kJ	2460 kJ
Protein	3.6 g	11.8 g
Fat, total	10.5 g	35.0 g
- saturated	1.2 g	3.9 g
Carbohydrate	14.9 g	49.8 g
- sugars	14.5 g	48.2 g
Sodium	9 mg	29 mg



## Naughty But Nice Chunks

Have you been good lately? Treat yourself to a decadent raw chocolate bite that's loaded with goodness. Perfect as a snack on the go or with an afternoon cup of coffee. Made with activated seeds and nuts. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Dates\*, sunflower seeds\*, cashews\*, coconut\*, cacao nibs\*, cacao powder\*, agave syrup\*, vanilla\*, cinnamon\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	705 kJ	2350 kJ
Protein	5.5 g	18.4 g
Fat, total	12.6 g	42.0 g
- saturated	2.3 g	7.7 g
Carbohydrate	7.9 g	26.2 g
- sugars	5.5 g	18.4 g
Sodium	2 mg	7 mg



## Pineapple Pepita & Almond Chunks

A delectable treat featuring tangy organic pineapple, balanced with crunchy almonds and pepitas. The activated almonds and pepitas give a satisfying crunch, while the pineapple balances the whole chunk with it's natural sweet, yet tart and chewy flavour. Made with activated seeds and nuts. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Almonds\*, pepitas\*, sultanas\*, pineapple\*, vanilla\*, mixed spice (cinnamon\*, coriander\*, ginger\*, cloves\*)

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	635 kJ	2120 kJ
Protein	5.0 g	16.7 g
Fat, total	9.8 g	32.5 g
- saturated	1.2 g	3.9 g
Carbohydrate	11.0 g	36.8 g
- sugars	10.0 g	33.2 g
Sodium	5 mg	17 mg





## Quinoa Energy Chocolate Brownie (bars)

This raw treat is based on the ancient seed – quinoa. We soak the seeds, which not only activates them, but removes the natural saponins they contain. The quinoa balances the fruit, giving a steady, long lasting boost of energy even if you are sensitive to fruit sugars. We then add raw cacao making them more nutritious... and super chocolatey! Made with activated seeds. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Dates\*, sunflower seeds\*, quinoa\*, coconut\*, cacao powder\*, vanilla\*, natural sea salt

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	593 kJ	1980 kJ
Protein	3.8 g	12.8 g
Fat, total	7.5 g	25.0 g
- saturated	1.2 g	4.0 g
Carbohydrate	12.8 g	42.7 g
- sugars	10.5 g	35.0 g
Sodium	11 mg	35 mg



## Active Walnuts Apple Cinnamon & Agave

We take raw walnuts and activate them to take away the bitter aftertaste, then mix them with apples, sultanas, raw agave and cinnamon to create an apple pie flavour that will leave you craving more. This chunk is a great snack, but also delicious served over coconut ice cream. Made with activated nuts. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Walnuts\*, apples\*, sultanas\*, agave nectar\*, cinnamon\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	778 kJ	2590 kJ
Protein	3.1 g	10.2 g
Fat, total	12.5 g	41.5 g
- saturated	0.8 g	2.7 g
Carbohydrate	14.5 g	48.2 g
- sugars	14.1 g	47.0 g
Sodium	7 mg	22 mg









# COCONUT DREAMS

Okay, they are not totally raw, but they are totally delicious, and we just couldn't resist sharing them with you. Sweet, chewy coconut bliss, these scrumptious bars start with a base of beautiful organic shredded coconut and brown rice syrup, then topped with the highest quality organic dried fruit, cacao and vanilla. A perfect nut-free alternative for the lunch box or afternoon tea. Available in a range of delectable flavours to make your taste buds sing.

Packaged in environmentally friendly compostable and resealable bags.

Available in 150g retail packs and 1kg bulk packs. Select flavours are also available in single serve bars (45g) and point of sale cartons (10 x 45g).

## 10 FLAVOURS TO CHOOSE FROM:

**Banana Cacao NF SS**

**Caramel NF SS**

**Cherry Inca Berry NF**

**Chocolate Mint NF**

**Classic NF**

**Cranberry NF SS**

**Lemon Fig NF**

**Lime Sublime NF SS**

**Orange Cream NF**

**Tropical NF**

## Coconut Dream Banana Cacao

Not totally raw, just totally delicious. Experience the chewy awesomeness of these coconut dreams. A perfect organic treat for coconut lovers. Enjoy this rich blend of coconut and raw chocolate. We give them a short stay in a low temperature dehydrator, to perfect their texture. Open with other people so you don't eat the whole bag yourself!

### INGREDIENTS

Coconut\*, brown rice syrup\*, dried bananas\*, cacao powder\*, cacao nibs\*, vanilla\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	618 kJ	2060 kJ
Protein	1.6 g	5.3 g
Fat, total	9.1 g	30.5 g
- saturated	7.2 g	24.1 g
Carbohydrate	14.5 g	48.4 g
- sugars	9.6 g	31.9 g
Sodium	3 mg	10 mg



## Coconut Dream Caramel

Not totally raw, just totally delicious. Experience the chewy awesomeness of these coconut dreams. A perfect organic treat for coconut lovers. Are you a caramel lover too? Then these are for you. We give them a short stay in a low temperature dehydrator to perfect their texture. Open with other people so you don't eat the whole bag yourself! Chocolate-free.

### INGREDIENTS

Coconut\*, brown rice syrup\*, maple syrup\*, carob powder\*, lucuma\*, vanilla\*, natural sea salt

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	662 kJ	2210 kJ
Protein	1.2 g	4.0 g
Fat, total	11.1 g	37.1 g
- saturated	8.9 g	29.6 g
Carbohydrate	11.8 g	39.3 g
- sugars	10.0 g	33.2 g
Sodium	4 mg	13 mg





## Coconut Dream Cherry Inca Berry

Not totally raw, just totally delicious. Experience the chewy awesomeness of these coconut dreams. A perfect organic treat for coconut lovers. Better than cherries alone, cherries and inca berries will amaze your mouth. We give them a short stay in a low temperature dehydrator to perfect their texture. Open with other people so you don't eat the whole bag yourself!

### INGREDIENTS

Coconut\*, brown rice syrup\*, cherries\* (sweetened with apple juice\*), dried Inca berries\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	640 kJ	2130 kJ
Protein	1.2 g	3.8 g
Fat, total	10.8 g	35.9 g
- saturated	8.6 g	28.6 g
Carbohydrate	11.8 g	39.3 g
- sugars	8.8 g	29.3 g
Sodium	4 mg	12 mg



## Coconut Dream Chocolate Mint

Not totally raw, just totally delicious. Experience the chewy awesomeness of our coconut dreams. A perfect organic treat for coconut lovers. Enjoy a classic combination of cacao and mint, with our chocolate mint coconut dream. We give them a short stay in our low temperature dehydrators to perfect their texture. Open with other people so you don't eat the whole bag yourself!

### INGREDIENTS

Coconut\*, brown rice syrup\*, cacao powder\*, cacao nibs\*, peppermint essential oil\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package:	5.00	
Serving size:	30.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	690 kJ	2300 kJ
Protein	1.3 g	4.3 g
Fat, total	11.7 g	39.1 g
- saturated	9.4 g	31.2 g
Carbohydrate	12.3 g	41.1 g
- sugars	9.2 g	30.6 g
Sodium	4 mg	12 mg



## Coconut Dream Classic

Not totally raw, just totally delicious. Experience the chewy awesomeness of these coconut dreams. A perfect organic treat for coconut lovers. Enjoy the hint of vanilla in our original 'classic' coconut dream. We give them a short stay in a low temperature dehydrator to perfect their texture. Open with other people so you don't eat the whole bag yourself!

### INGREDIENTS

Coconut\*, brown rice syrup\*, vanilla\*, natural sea salt

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	659 kJ	2200 kJ
Protein	1.0 g	3.5 g
Fat, total	10.4 g	34.7 g
- saturated	8.3 g	27.7 g
Carbohydrate	13.9 g	46.2 g
- sugars	9.8 g	32.6 g
Sodium	3 mg	11 mg





## Coconut Dream Cranberry

Not totally raw, just totally delicious. Experience the chewy awesomeness of these coconut dreams. A perfect organic treat for coconut lovers. Never thought to pair coconut and cranberry? Take our word for it, it's a match made in coconut heaven. We give them a short stay in a low temperature dehydrator to perfect their texture. Open with other people so you don't eat the whole bag yourself!

### INGREDIENTS

Coconut\*, brown rice syrup\*, cranberries\* (sweetened with apple juice\*)

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	632 kJ	2110 kJ
Protein	1.0 g	3.2 g
Fat, total	9.5 g	31.8 g
- saturated	7.6 g	25.3 g
Carbohydrate	14.3 g	47.8 g
- sugars	10.6 g	35.4 g
Sodium	3 mg	10 mg



## Coconut Dream Lemon Fig

Not totally raw, just totally delicious. Experience the chewy awesomeness of our coconut dreams. A perfect organic treat for coconut lovers. This dream tastes like the coconut lemon cream pie that grandma used to make. We give them a short stay in our low temperature dehydrators to perfect their texture. Open with other people so you don't eat the whole bag yourself!

### INGREDIENTS

Coconut\*, brown rice syrup\*, figs\*, lemon essential oil\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	686 kJ	2290 kJ
Protein	1.3 g	4.3 g
Fat, total	11.7 g	39.1 g
- saturated	9.4 g	31.2 g
Carbohydrate	12.1 g	40.2 g
- sugars	9.0 g	30.0 g
Sodium	4 mg	15 mg



## Coconut Dream Lime Sublime

Not totally raw, just totally delicious. Experience the chewy awesomeness of our coconut dreams. A perfect organic treat for coconut lovers. The tangy lime is a heavenly contrast to the sweet coconut... 'sublime' indeed. We give them a short stay in our low temperature dehydrators to perfect their texture. Open with other people so you don't eat the whole bag yourself!

### INGREDIENTS

Coconut\*, brown rice syrup\*, lime essential oil\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	634 kJ	2110 kJ
Protein	1.0 g	3.4 g
Fat, total	10.0 g	33.5 g
- saturated	8.0 g	26.7 g
Carbohydrate	13.4 g	44.8 g
- sugars	9.4 g	31.5 g
Sodium	3 mg	11 mg





## Coconut Dream Orange Cream

Not totally raw, just totally delicious. Experience the chewy awesomeness of these coconut dreams. A perfect organic treat for coconut lovers. Orange and vanilla give this dream a creamy richness that is truly irresistible. We give them a short stay in a low temperature dehydrator to perfect their texture. Open with other people so you don't eat the whole bag yourself!

### INGREDIENTS

Coconut\*, brown rice syrup\*, vanilla\*, orange essential oil\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	694 kJ	2310 kJ
Protein	1.2 g	4.1 g
Fat, total	12.1 g	40.3 g
- saturated	9.6 g	32.2 g
Carbohydrate	11.9 g	39.6 g
- sugars	8.5 g	28.4 g
Sodium	4 mg	12 mg



## Coconut Dream Tropical

Not totally raw, just totally delicious. Experience the chewy awesomeness of our coconut dreams. A perfect organic treat for coconut lovers. Enjoy a refreshing trip to the tropics with our dream mix of mango, pineapple and banana. We give them a short stay in our low temperature dehydrators to perfect their texture. Open with other people so you don't eat the whole bag yourself!

### INGREDIENTS

Coconut\*, brown rice syrup\*, mango\*, pineapple\*, banana\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	690 kJ	2300 kJ
Protein	1.3 g	4.3 g
Fat, total	11.7 g	39.1 g
- saturated	9.4 g	31.2 g
Carbohydrate	12.3 g	41.1 g
- sugars	9.2 g	30.6 g
Sodium	4 mg	12 mg









# ACTIVATED NUTS

At Kitz, we soak our seeds and nuts in filtered water to ‘activate’ or sprout them. This process releases the nuts’ enzyme inhibitors, which increases the bio-availability of the vitamins and minerals and enhances the digestibility of the product. We then give them a thorough rinse, followed by a long dehydration at a low temperature to lock in optimal flavour and texture. The result – a superior nut or seed.

Packaged in environmentally friendly compostable and resealable bags.

Available in 150g retail packs or 200g retail pack for Active Walnuts Natural, and 1kg bulk packs.

## 5 FLAVOURS TO CHOOSE FROM:

**Active Almonds Cajun PLC**

**Active Almonds Curry PLC**

**Active Almonds Natural PLC**

**Active Almonds Salt & Vinegar PLC**

**Active Walnuts Natural PLC**

## Active Almonds

### Cajun

Love Cajun food? With their unbelievable 'snap' these organic raw almonds make a fabulous snack or garnish on your favourite meal. Try them tossed on a fresh green salad! Soaked in filtered water overnight to activate them, then low temperature dehydrated below 47°C.

#### INGREDIENTS

Almonds\*, Cajun seasoning (black pepper\*, natural sea salt, fennel\*, paprika\*, mustard\*, garlic \*, sage\*, chilli\*, thyme\*), cumin\*, extra virgin olive oil\*

\*Certified organic ingredient



#### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	911 kJ	3040 kJ
Protein	6.8 g	22.8 g
Fat, total	19.9 g	66.2 g
- saturated	1.4 g	4.7 g
Carbohydrate	1.9 g	6.4 g
- sugars	1.8 g	5.8 g
Sodium	324 mg	1080 mg



## Active Almonds

### Curry

Love curry? With their unbelievable ‘snap’ these organic raw almonds make a fabulous snack or garnish on your favourite meal. Try them tossed on a fresh green salad! Soaked in filtered water overnight to activate them, then low temperature dehydrated below 47°C.

#### INGREDIENTS

Almonds\*, curry powder (coriander\*, cumin\*, fennel\*, mustard\*, black pepper\*, turmeric\*, chilli\*), coconut\*, cinnamon\*, sultanas\*, natural sea salt

\*Certified organic ingredient



#### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	894 kJ	2980 kJ
Protein	6.8 g	22.8 g
Fat, total	19.2 g	64.2 g
- saturated	1.4 g	4.8 g
Carbohydrate	2.3 g	7.8 g
- sugars	2.3 g	7.6 g
Sodium	324 mg	1080 mg





## Active Almonds Natural

With their unbelievable 'snap' these organic raw almonds make a great snack or garnish on your favourite meal. Try tossed on a fresh green salad with a garlicky vinaigrette. Soaked in filtered water to activate them, then low temperature dehydrated below 47°C.

### INGREDIENTS

Almonds\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	872 kJ	2910 kJ
Protein	6.8 g	22.6 g
Fat, total	19.0 g	63.4 g
- saturated	1.3 g	4.3 g
Carbohydrate	1.7 g	5.6 g
- sugars	1.7 g	5.6 g
Sodium	2 mg	6 mg



## Active Almonds Salt & Vinegar

Love salt & vinegar? With their unbelievable 'snap' these organic raw almonds make a great snack or garnish on your favourite meal. Soaked in filtered water overnight to activate them, then low temperature dehydrated below 47°C. These are highly addictive – you've been warned!

### INGREDIENTS

Almonds\*, apple cider vinegar\*, natural sea salt

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	874 kJ	2910 kJ
Protein	6.8 g	22.6 g
Fat, total	19.0 g	63.4 g
- saturated	1.3 g	4.3 g
Carbohydrate	1.7 g	5.6 g
- sugars	1.7 g	5.6 g
Sodium	324 mg	1080 mg



## Active Walnuts Natural

Activating removes the bitter aftertaste that walnuts can sometimes have. With their unbelievable 'snap' these walnuts make a fabulous snack or garnish on your favourite meal. Try tossing a handful on muesli with cold coconut milk and sultanas as an instant, satisfying and wholesome meal. Or enjoy on a fresh green salad with a garlicky vinaigrette. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Walnuts\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 5.00

Serving size: 40.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1240 kJ	3110 kJ
Protein	6.2 g	15.4 g
Fat, total	29.7 g	74.2 g
- saturated	1.9 g	4.7 g
Carbohydrate	1.3 g	3.2 g
- sugars	1.2 g	2.9 g
Sodium	1 mg	3 mg











# GRANOLAS & OTHER ACTIVATED PRODUCTS

Start your day by adding a handful of our granola to your morning smoothie bowl for a delightful crunch. Also great for a satisfying snack, pop a bag in your car or take one to work. There's no better way to beat the 3 o'clock slump than with a handful of our tasty granola. Activated for maximum nutrition and texture, both your body and taste buds will thank you.

Activated Buckwheat is so simple, yet so delicious. This gluten-free seed makes a great garnish for desserts or smoothies, or simply enjoyed as a cereal. You can't beat the crunch of these 'buckies'.

For a more savoury kick, try our Activated Salad Sprinkles. These activated seeds offer a great snappy contrast for your salad creations and add protein to meatless meals. This salty, crunchy treat is also great to snack on right out of the bag.

Packaged in environmentally friendly compostable and resealable bags.

Available in 200g retail packs or 260g retail pack for Activated Buckwheat, and 1kg bulk packs.

## 4 FLAVOURS TO CHOOSE FROM:

**Choci-Jo Granola NF**

**Paleo Granola P**

**Activated Buckwheat NF**

**Activated Salad Sprinkles P NF**



## Choci-Jo Granola

If you love chocolate & crunch combined, you will love our Choci-Jo Granola. Activated buckwheat forms the base this granola. Sprinkle it on oats or muesli in the morning for a great start to your day. It is also delicious crumbled over coconut ice cream a berry smoothie. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Buckwheat\*, dates\*, sultanas\*, coconut\*, cacao powder\*, cinnamon\*, vanilla\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 6.60

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	576 kJ	1920 kJ
Protein	2.8 g	9.4 g
Fat, total	2.7 g	8.9 g
- saturated	1.8 g	6.1 g
Carbohydrate	23.7 g	79.1 g
- sugars	12.1 g	40.5 g
Sodium	6 mg	21 mg



## Paleo Granola

Our very best 'trail mix' type granola with a delightful combination of half fruit and half seeds and nuts with a host of superfoods. Enjoy the sweet tartness of this granola. It is a great mix for snacking on the go or mixed into your morning muesli. Made with activated seeds and nuts. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Almonds\*, walnuts\*, brazil nuts\*, sunflower seeds\*, pepitas\*, sultanas\*, pistachios\*, goji berries\*, macadamias\*, Inca berries\*, coconut\*, cranberries\* (sweetened with apple juice\*), currants\*, mulberries\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 8.00

Serving size: 25.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	536 kJ	2140 kJ
Protein	2.9 g	11.5 g
Fat, total	8.7 g	34.8 g
- saturated	1.7 g	6.9 g
Carbohydrate	8.7 g	34.8 g
- sugars	8.2 g	32.6 g
Sodium	4 mg	15 mg





## Activated Buckwheat

We take organic raw buckwheat and soak it in filtered water overnight to activate it. Then we slowly dehydrate it below 47°C until it is crunchy and delicious. Try this super seed sprinkled on salads, smoothies, ice-cream or as a base for a tart or pie. We love it as a DIY breakfast cereal with activated nuts, fresh fruit and chilled coconut milk.

### INGREDIENTS

Buckwheat\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 8.00

Serving size: 32.50 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	756 kJ	2320 kJ
Protein	5.8 g	18.0 g
Fat, total	1.4 g	4.2 g
- saturated	0.3 g	0.9 g
Carbohydrate	33.2 g	102.0 g
- sugars	0.7 g	2.2 g
Sodium	6 mg	17 mg





## Activated Salad Sprinkles

Built the perfect salad, but there is something lacking? Try our activated sprinkles to bring any salad to life! These raw seeds are also great for nibbling on straight out of the bag. They are salty, crunchy and simply delicious. Dehydrated below 47°C for optimal taste and nutrition.

### INGREDIENTS

Sunflower seeds\*, pepitas\*, extra virgin olive oil\* and natural sea salt

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 6.70

Serving size: 30.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	908 kJ	3030 kJ
Protein	8.4 g	28.1 g
Fat, total	18.5 g	61.8 g
- saturated	2.2 g	7.2 g
Carbohydrate	2.8 g	9.4 g
- sugars	0.6 g	1.8 g
Sodium	292 mg	973 mg







## SINGLE SERVE BARS

Our newest addition to the Kitz range – you asked and we delivered. We've turned some of our most popular Coconut Dream bars into handy, individually wrapped snacks. Providing a healthy alternative to chocolate and lollies, these nutrient rich bars are ideal for the lunch box, your next hiking trip, the office or the car.

Instead of reaching for that umpteenth cup of coffee when the mid-afternoon slump hits, reach for a new Mocha Energy bar. Packed with energising ingredients like coffee, yerba mate and raw cacao, this bar will satisfy your hunger and improve your mental alertness for the remainder of the day.

Boost your body with our Turmeric & Ginger bar. The active compound curcumin found naturally in turmeric is believed to have powerful anti-inflammatory and antioxidant properties. There's no tastier way to get your daily dose.

Available in handy point of sale cartons, packed 10 x 45g single serve bars to a box.

### 6 FLAVOURS TO CHOOSE FROM:

**Coconut Dream Banana Cacao NF SS**

**Coconut Dream Caramel NF SS**

**Coconut Dream Cranberry NF SS**

**Coconut Dream Lime Sublime NF SS**

**Mocha Energy P SS**

**Turmeric & Ginger P SS**

**COMING SOON...** our range of hemp seed bars. Loaded with polyunsaturated fatty acids, protein, vitamins and minerals to help you achieve optimal health.



## Coconut Dream Banana Cacao Bar

Looking for a healthy alternative to chocolate or lollies? Our coconut dream bars are a great snack for the lunchbox, car or office. Enjoy the rich blend of coconut, raw cacao and banana. We give them a short stay in a low temperature dehydrator to perfect their chewy texture.

### INGREDIENTS

Coconut\*, brown rice syrup\*, dried bananas\*, cacao powder\*, cacao nibs\*, vanilla\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package: 1.00

Serving size: 45.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	618 kJ	2060 kJ
Protein	1.6 g	5.3 g
Fat, total	9.1 g	30.5 g
- saturated	7.2 g	24.1 g
Carbohydrate	14.5 g	48.4 g
- sugars	9.6 g	31.9 g
Sodium	3 mg	10 mg
Fibre	2 g	7 g



## Coconut Dream Caramel Bar

Looking for a healthy alternative to chocolate or lollies? Our coconut dream bars are a great snack for the lunchbox, car or office. Enjoy the rich blend of coconut, lucuma, maple syrup & agave. We give them a short stay in a low temperature dehydrator to perfect their chewy texture.

### INGREDIENTS

Coconut\*, brown rice syrup\*, maple syrup\*, carob powder\*, lucuma\*, vanilla\*, natural sea salt

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	662 kJ	2210 kJ
Protein	1.2 g	4.0 g
Fat, total	11.1 g	37.1 g
- saturated	8.9 g	29.6 g
Carbohydrate	11.8 g	39.3 g
- sugars	10.0 g	33.2 g
Sodium	4 mg	13 mg
Fibre	2 g	7 g



## Coconut Dream Cranberry Bar

Looking for a healthy alternative to chocolate or lollies? Our coconut dream bars are a great snack for the lunchbox, car or office. Enjoy the rich blend of coconut and cranberries. We give them a short stay in a low temperature dehydrator to perfect their chewy texture.

### INGREDIENTS

Coconut\*, brown rice syrup\*, cranberries\* (sweetened with apple juice\*)

\*Certified organic ingredient

### NUTRITION INFORMATION

Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	632 kJ	2110 kJ
Protein	1.0 g	3.2 g
Fat, total	9.5 g	31.8 g
- saturated	7.6 g	25.3 g
Carbohydrate	14.3 g	47.8 g
- sugars	10.6 g	35.4 g
Sodium	3 mg	10 mg
Fibre	2 g	7 g





## Coconut Dream Lime Sublime Bar

Looking for a healthy alternative to chocolate or lollies? Our coconut dream bars are a great snack for the lunchbox, car or office. Enjoy the rich blend of coconut & essential lime oil. We give them a short stay in a low temperature dehydrator to perfect their chewy texture.

### INGREDIENTS

Coconut\*, brown rice syrup\*, lime essential oil\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	634 kJ	2110 kJ
Protein	1.0 g	3.4 g
Fat, total	10.0 g	33.5 g
- saturated	8.0 g	26.7 g
Carbohydrate	13.4 g	44.8 g
- sugars	9.4 g	31.4 g
Sodium	3 mg	11 mg
Fibre	2 g	7 g



## Mocha Energy Bar

Instead of reaching for that umpteenth cup of coffee when the mid-afternoon slump hits, reach for a Mocha Energy bar. Packed with energizing ingredients like coffee, yerba mate and raw cacao, this bar will satisfy your hunger and improve your mental alertness for the remainder of the day.

### INGREDIENTS

Dates\*, cashews\*, coconut\*, cacao powder\*, coffee\*, vanilla\*, yerba mate\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	737 kJ	1640 kJ
Protein	3.1 g	6.8 g
Fat, total	7.4 g	16.4 g
- saturated	3.1 g	7.0 g
Carbohydrate	21.4 g	47.7 g
- sugars	19.2 g	42.7 g
Sodium	14 mg	32 mg



## Turmeric & Ginger Bar

Boost your body with our Turmeric & Ginger bar. The curcumin found naturally in turmeric is believed to have amazing anti-inflammatory and powerful antioxidant properties. The health benefits from this combination are endless. There is no tastier way to get your daily dose.

### INGREDIENTS

Dates\*, coconut\*, cashews\*, cacao powder\*, cinnamon\*, ginger\*, turmeric\*, pepper\*, coconut oil\*

\*Certified organic ingredient



### NUTRITION INFORMATION

Servings per package:	1.00	
Serving size:	45.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	758 kJ	1640 kJ
Protein	2.9 g	6.4 g
Fat, total	8.0 g	17.7 g
- saturated	3.6 g	8.1 g
Carbohydrate	21.8 g	48.3 g
- sugars	19.6 g	43.5 g
Sodium	13 mg	29 mg









**100% ORGANIC  
GLUTEN FREE  
DAIRY FREE  
ACTIVATED  
VEGAN  
RAW**

**kitzlivingfoods.com.au**

**t** 02 6672 2611

**a** 1/2-8 Kite Crescent,  
South Murwillumbah, NSW 2484

**e** [info@kitzlivingfoods.com.au](mailto:info@kitzlivingfoods.com.au)

**w** [kitzlivingfoods.com.au](http://kitzlivingfoods.com.au)

