



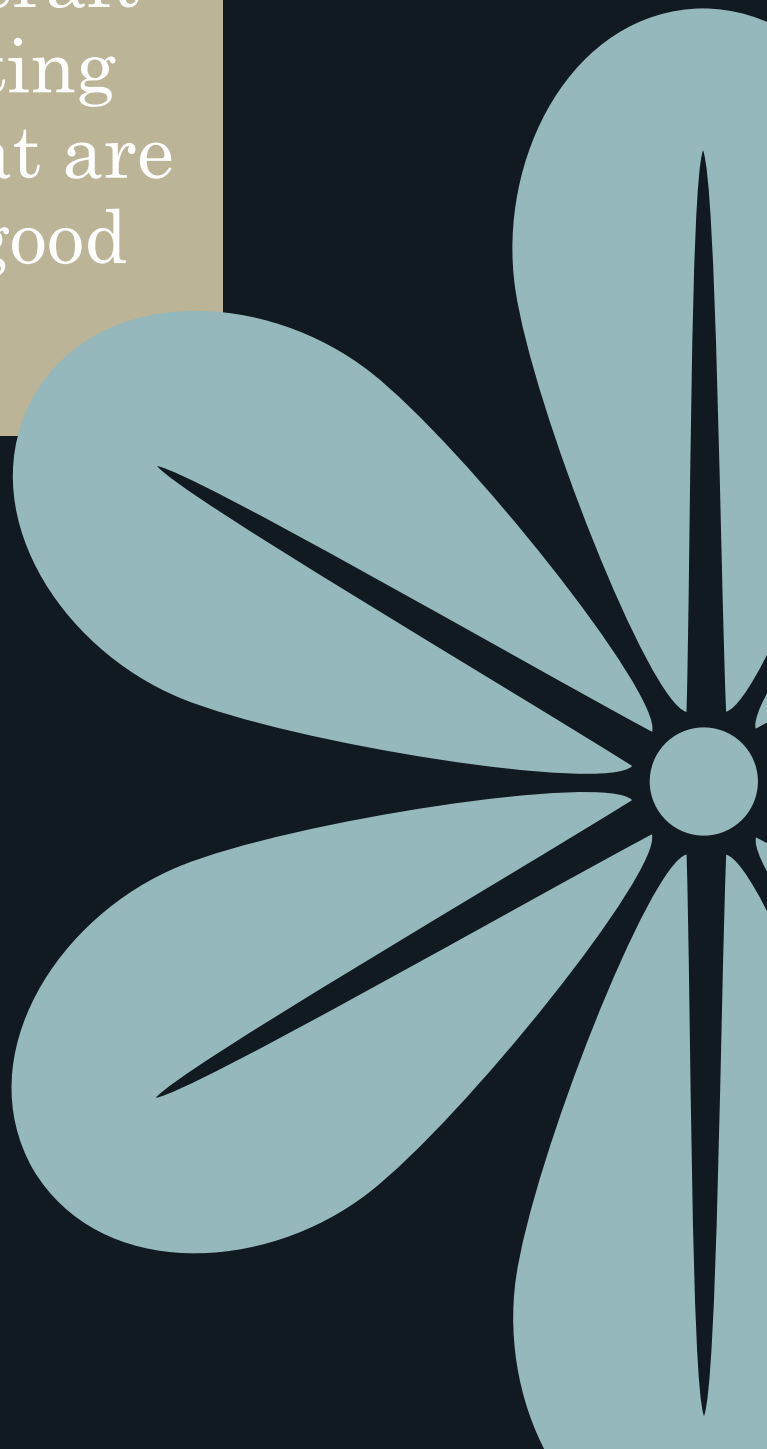
kitzlivingfoods.com.au

PRODUCT CATALOGUE



OUR MISSION

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



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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

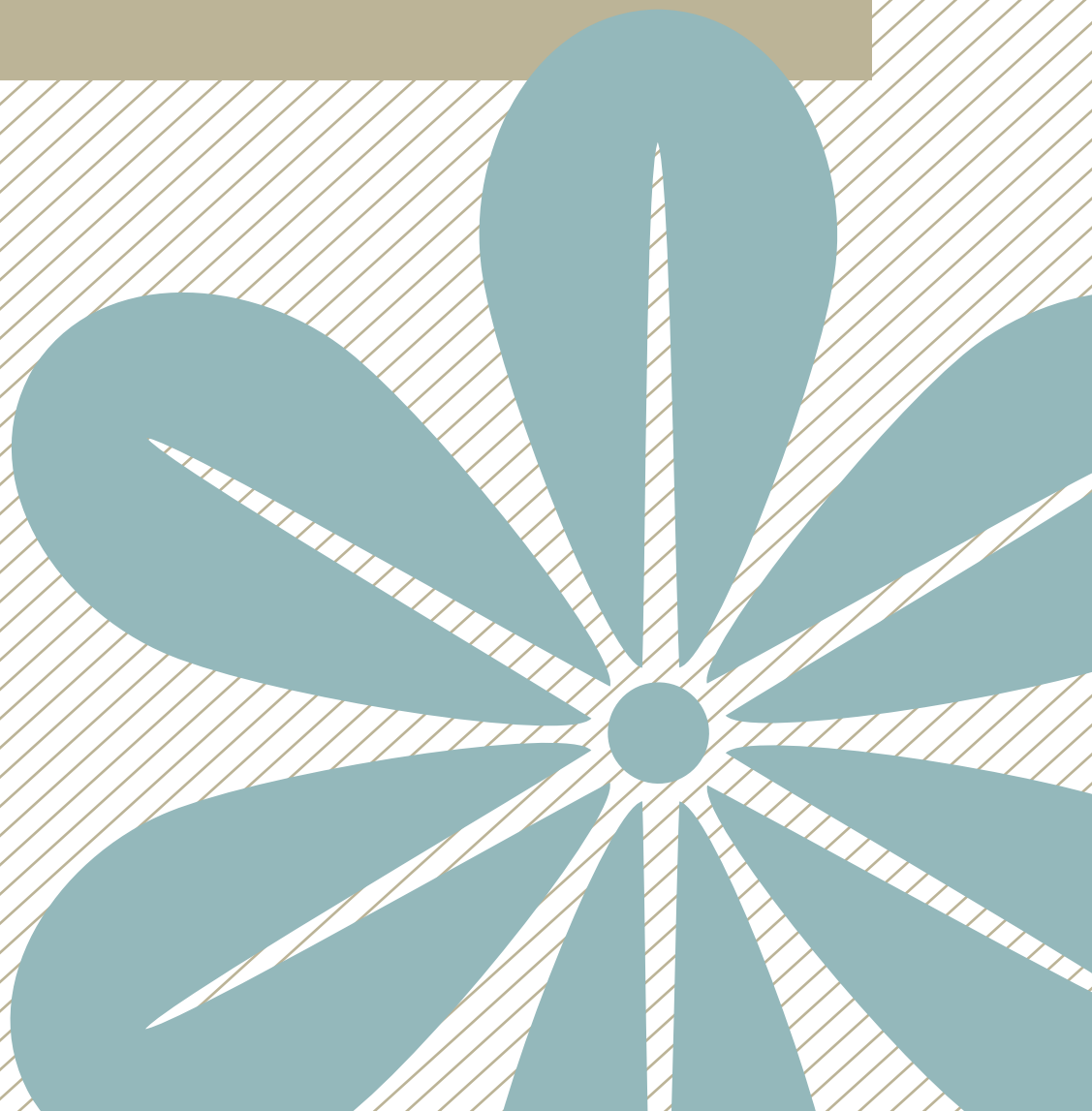
All of our nuts and seeds are soaked overnight in filtered water to 'activate' the ingredients, breaking down the naturally occurring enzyme inhibitors such as phytic acid, making them easier to digest. Then we slowly dehydrate them at 47°C or less so they remain 'alive and raw'. This is our way of ensuring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



