



kitzlivingfoods.com.au

PRODUCT CATALOGUE

PART 2



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

w kitzlivingfoods.com.au

