



- Organic & Natural Ingredients
- LOW FAT
- HIGH Fiber
- WHOLE GRAIN
- No Trans Fat
- No Cholesterol
- GMO Free
- No Additives
- No Preservatives
- Source of Vitamins

See grandmaemily.com for nutritionals.



3 x 5

3 x 7

2½ x 3 x 8



Vending Packaging
3 x 5 3 x 7



Grandma Emily's Healthy Snacks

For Your Health & Wellbeing

	<p>BBQ Mix</p> <p>Craving something hot & spicy? Get your salt fix with a healthy alternative containing less than 200 calories per serving.</p> <p>Low in saturated fats No cholesterol</p>		<p>Natural Tutti Frutti</p> <p>A combination of organic and natural fruits including dried bananas, apples, cranberries, raisins, apricots and mangoes. It's all natural - no additives, no preservatives.</p> <p>Low in sodium - Source of fiber</p>
	<p>Deluxe Mixed Nuts</p> <p>A tasty mixture of almonds, cashews and peanuts. Eating 45g of nuts five times per week reduces the risk of cardiac disease.</p> <p>Source of fiber - Source of calcium - Source of iron</p>		<p>Deluxe Trail Mix</p> <p>Grab'Em and go! A great on-the-go snack for those who love a blend of nuts, dried fruits and seeds.</p> <p>Low in saturated fat - No trans fat No cholesterol - Source of fiber Source of vitamin C Source of iron</p>
	<p>Energy Mix</p> <p>It's all in the name. This energy boost mix is a fusion of banana chips, cranberries, raisins, peanuts and coconut flakes.</p> <p>Source of fiber - Source of iron</p>		<p>Flax Sesame</p> <p>Sesame is an anti-oxidant and a good source of fibre. Flax contains omega-3 and 6.</p> <p>Source of fiber Source of calcium</p>
	<p>Chocolate Mélange</p> <p>Dark chocolate-covered raisins and almonds, white chocolate-covered cranberries, and more milk chocolate-covered goodies ...Yummy!</p> <p>Low in sodium</p>		<p>Oriental Mix</p> <p>A delightful FAT-FREE oriental style snack, made from puffed rice.</p> <p>Fat-free - No cholesterol Source of iron</p>