



FIRESIDE

PROVISIONS

SEVENTH HEAVEN TRAIL MIX

*"I only went out for a walk, and finally concluded to stay out till sundown, for going out, I found, was really going in."
- John Muir*

NET WEIGHT: 8 OUNCES (227 GRAMS)

PACKED BY FIRESIDE PROVISIONS, SOUTH SAN FRANCISCO CA 94080

Dark chocolate chips*, (sugar*, cocoa liquor*, cocoa butter*), pumpkin seeds*, almonds*, cranberries* (sweetened with cane juice*), raisins*, coconut*, sunflowers seeds*. No salt, no GMOs. *denotes organic

NUTRITION FACTS

SERV. SIZE:
1/4 CUP (28G)

SERV. PER PACKAGE:
ABOUT 8 SERVINGS

CALORIES: 140

FAT CALORIES: 80

AMOUNT/SERVING	%DV*	AMOUNT/SERVING	%DV*
TOTAL FAT 9g	14%	TOTAL CARBS 13g	4%
Sat. Fat 3g	16%	Dietary Fiber 2g	7%
Trans Fat 0g	0%	Sugars 10g	
CHOLESTEROL 0mg	0%	SODIUM 0mg	0%
PROTEIN 4g		*Percent Daily Values (DV) based on a 2,000 calorie diet	

Vitamin A 0% Vitamin C 0% Calcium 2% Iron 8%

THIS BAG IS BIODEGRADABLE AND 100% RECYCLABLE
1% OF SALES GO TO PRESERVE AND RESTORE OUR NATURAL ENVIRONMENT