



FIRESIDE

PROVISIONS

CRANBERRY COUSCOUS CRUNCH

*"The clearest way into the Universe is through
a forest wilderness."*

- John Muir

NET WEIGHT: 8 OUNCES (227 GRAMS)

PACKED BY FIRESIDE PROVISIONS, SOUTH SAN FRANCISCO CA 94080

To prepare: Use 2/3 boiling water for 1/2 parts muesli. Stir. Cover and let sit for 3 to 5 mins.

Rollled oats*, whole wheat couscous, roasted almonds, cranberries (apple juice concentrate, sunflower oil), unsulphured apples. No salt, no GMOs. *denotes organic

NUTRITION FACTS

SERV. SIZE:

¹/₂ CUP (56G)

SERV. PER PACKAGE:

ABOUT 6 SERVINGS

CALORIES: 220

FAT CALORIES: 50

AMOUNT/SERVING	%DV*	AMOUNT/SERVING	%DV*
TOTAL FAT 6g	9%	TOTAL CARBS 35g	12%
Sat. Fat 1g	3%	Dietary Fiber 4g	16%
Trans Fat 0g	0%	Sugars 8g	
CHOLESTEROL 0mg	0%	SODIUM 5mg	0%
PROTEIN 7g		*Percent Daily Values (DV) based on a 2,000 calorie diet	
Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 0%

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