



# FIRESIDE

## PROVISIONS

# PUMPKIN FLAX GRANOLA

*"We need the tonic of wildness."  
- Henry David Thoreau*

**NET WEIGHT: 10 OUNCES (284 GRAMS)**

**PACKED BY FIRESIDE PROVISIONS, SOUTH SAN FRANCISCO CA 94080**

Rollled oats\*, evaporated cane juice\*, soy oil\*, brown rice flour\*, pumpkin seeds\*, flax seeds\*, oat syrup solids\* (oat syrup solids\*, tocopherols), sea salt, molasses\*, cinnamon\*. Contains soy. Produced in a facility that uses wheat, peanuts or tree nuts. \*denotes organic

## NUTRITION FACTS

### SERV. SIZE:

<sup>3</sup>/<sub>4</sub> CUP (55G)

### SERV. PER PACKAGE:

ABOUT 6 SERVINGS

**CALORIES: 260**

**FAT CALORIES: 90**

AMOUNT/SERVING	%DV*	AMOUNT/SERVING	%DV*
<b>TOTAL FAT</b> 10g	15%	<b>TOTAL CARBS</b> 37g	12%
Sat. Fat 1.6g	8%	Dietary Fiber 4g	18%
Trans Fat 0g	0%	Sugars 10g	
<b>CHOLESTEROL</b> 0mg	0%	<b>SODIUM</b> 45mg	2%
<b>PROTEIN</b> 6g		*Percent Daily Values (DV) based on a 2,000 calorie diet	

Vitamin A 0% Vitamin C 0% Calcium 2% Iron 10%

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