

# OCEAN RANCH CHIA HEMP CRUNCH

## Handcrafted Granola

### Nutrition Facts

About 7 servings per container  
Serving Size: 1/2 cup (41g)

Amount Per Serving  
**Calories 270**

	% Daily Value*
<b>Total Fat</b> 9g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 4g	<b>16%</b>
Total Sugars 14g	
Includes 14g Added Sugars	<b>27%</b>
<b>Proteins</b> 6g	
Vitamin D 0mg	0%
Calcium 20mg	0%
Iron 1.9mg	10%
Potassium 160mg	4%

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day used for general advice.

Ingredients: Organic and/or Natural Rolled Oats, Cane Sugar, Sunflower Oil, Organic and/or Natural Oat Flour, Organic Crisp Brown Rice, Organic Flax Seeds, Sea Salt, Natural Flavor, Organic Chia Seeds, Organic Hemp Seeds.

Made in a facility that processes, dairy, tree nuts, peanuts, soy, wheat, sesame.

Manufactured for Ocean Ranch Organics  
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Read more about our story & see more products at [OceanRanchOrganics.com](http://OceanRanchOrganics.com)

