

TRUMPS PRODUCT INFORMATION SHEET

LEMON LOAF

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced without Trumps Food Interest Ltd prior written consent.

Product Description: Very tangy lemon inside & out. Topped with a citrusy icing

Nutrition Facts		Valeur nutritive	
Per 100 g / par 100 g			
Amount Per Serving / Teneur par portion			
Calories / Calories	410		
Calories from fat / Calories des lipides	120		
Calories from Saturated + Trans	10		
Calories des lipides saturés et trans	10		
% Daily Value / % valeur quotidienne			
Fat / Lipides	14 g		22 %
Saturated / saturés	1 g		5 %
+ Trans / trans	0 g		
Omega-6 / oméga-6	0 g		
Omega-3 / oméga-3	0 g		
Cholesterol / Cholestérol	15 mg		
Sodium / Sodium	230 mg		10 %
Carbohydrate / Glucides	67 g		22 %
Fibre / Fibres	1 g		4 %
Sugars / Sucres	39 g		
Protein / Protéines	4 g		
Vitamin A / Vitamine A			0 %
Vitamin C / Vitamine C			0 %
Calcium / Calcium			2 %
Iron / Fer			10 %



* Percent Daily Values are based on a 2,000-calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Wheat Flour, Crushed Pineapple, Sugar, Icing Sugar, Canola Oil, Water, Pasteurized Egg, Natural Lemon Flavour, Lemon Juice, Vanilla, Baking Powder, Salt

***Please note this product contains wheat, egg, and may contain traces of tree nuts and peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	20 cm x 9.5cm x8.9 cm+/- 0.6cm	Use tongs	no
Weight	1125g +/- 100 g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

BANANA LOAF SHORTS

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced without Trumps Food Interest Ltd prior written consent.

Product Description: A wholesome moist loaf with overwhelming banana flavour baked to a wonderful dark brown.

Nutrition Facts	
Serving Size 83 g	
Amount	% Daily Value
Calories 290	Calories from fat 100
Calories from Saturated + Trans 10	
Fat 12 g	18 %
Saturated 1 g	7 %
+ Trans 0 g	
Omega-6 Polyunsaturated 2 g	
Omega-3 Polyunsaturated 0.9 g	
Cholesterol 45 mg	
Sodium 320 mg	13 %
Carbohydrate 42 g	14 %
Fibre 1 g	5 %
Sugars 25 g	
Protein 4 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 2 %	Iron 10 %



* Percent Daily Values are based on a 2,000-calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Bananas, Wheat Flour, Sugar, Pasteurized Egg, Canola Oil, Baking Soda, Salt, Vanilla, Cinnamon, Baking Powder

***Please note this product contains wheat, egg, and may contain traces of tree nuts and peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	10.2cm x 2.3cm x7.3cm +/- 0.6 cm	Use tongs	no
Weight	83 grams +/- .5 g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

BANANA LOAF - SLICED

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced without Trumps Food Interest Ltd prior written consent.

Product Description: A wholesome moist loaf with overwhelming banana flavour baked to a wonderful dark brown.

Nutrition Facts Valeur nutritive	
Per 100 g / par 100 g	
Amount Per Serving / Teneur par portion	
Calories / Calories	350
Calories from fat / Calories des lipides	120
Calories from Saturated + Trans	10
Calories des lipides saturés et trans	10
% Daily Value / % valeur quotidienne	
Fat / Lipides	14 g 21 %
Saturated / saturés	1 g 5 %
+ Trans / trans	0 g
Omega-6 / oméga-6	0 g
Omega-3 / oméga-3	0 g
Cholesterol / Cholestérol	40 mg
Sodium / Sodium	380 mg 16 %
Carbohydrate / Glucides	51 g 17 %
Fibre / Fibres	2 g 7 %
Sugars / Sucres	30 g
Protein / Protéines	5 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	15 %



* Percent Daily Values are based on a 2,000-calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Bananas, Wheat Flour, Sugar, Pasteurized Egg, Canola Oil, Baking Soda, Salt, Vanilla, Cinnamon, Baking Powder

***Please note this product contains wheat, egg, and may contain traces of tree nuts and peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	10.2 cm x 2.3 x 9.5 +/- 0.6 cm	Use tongs	no
Weight	100 g +/- 10 g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

BLUEBERRY LEMON LOAF SLICED

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced without Trumps Food Interest Ltd prior written consent.

Product Description: A delicate lemon infused loaf baked with blueberry's through out, drizzled with citrus icing.

Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
Amount Per Serving / Teneur par portion	
Calories / Calories	300
Calories from fat / Calories des lipides 100	
Calories from Saturated + Trans 5	
Calories des lipides saturés et trans 5	
% Daily Value / % valeur quotidienne	
Fat / Lipides	11 g 17 %
Saturated / saturés 1 g	
+ Trans / trans 0 g 4 %	
Omega-6 / oméga-6 0 g	
Omega-3 / oméga-3 0 g	
Cholesterol / Cholestérol	20 mg
Sodium / Sodium	240 mg 10 %
Carbohydrate / Glucides	45 g 15 %
Fibre / Fibres 1 g 5 %	
Sugars / Sucres 22 g	
Protein / Protéines	4 g
Vitamin A / Vitamine A 0 %	
Vitamin C / Vitamine C 0 %	
Calcium / Calcium 2 %	
Iron / Fer 10 %	



* Percent Daily Values are based on a 2,000-calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Flour, Crushed Pineapple, Sugar, Blueberries, Canola Oil, Pasteurized Egg, Icing Sugar, Water, Natural Lemon Flavour, Vanilla, Baking Powder, Lemon Juice, Salt

***Please note this product contains wheat, egg, and may contain traces of tree nuts and peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	10.2cm x 2.3cm x 9.3cm +/- 0.6 cm	Use tongs	no
Weight	120g +/- 12 g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

CARROT DATE LOAF SLICED

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced without Trumps Food Interest Ltd prior written consent.

Product Description: A memorable mixture of carrot and date in a light, moist loaf with a sweet and crunchy Demerara Sugar topping.

Nutrition Facts Valeur nutritive	
Per 100 g / par 100 g	
Amount Per Serving / Teneur par portion	
Calories / Calories	420
Calories from fat / Calories des lipides	170
Calories from Saturated + Trans	10
Calories des lipides saturés et trans	10
% Daily Value / % valeur quotidienne	
Fat / Lipides	20 g 30 %
Saturated / saturés	1.5 g
+ Trans / trans	0 g 7 %
Omega-6 / oméga-6	0 g
Omega-3 / oméga-3	0 g
Cholesterol / Cholestérol	35 mg
Sodium / Sodium	380 mg 16 %
Carbohydrate / Glucides	56 g 19 %
Fibre / Fibres	3 g 11 %
Sugars / Sucres	29 g
Protein / Protéines	5 g
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	4 %
Iron / Fer	15 %



* Percent Daily Values are based on a 2,000-calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Sugar, Wheat Flour, Carrots, Canola Oil, Pasteurized Egg, Dates, Whole Wheat Flour, Baking Soda, Baking Powder, Cinnamon, Salt, Vanilla

***Please note this product contains wheat, egg, and may contain traces of tree nuts and peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	10.2cm x 2.3cm x 8.9 +/- 0.6 cm	Use tongs	no
Weight	121 g +/- 12 g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

CHOCOLATE CHIP BANANA LOAF - SLICED

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced without Trumps Food Interest Ltd prior written consent.

Product Description: The classic banana loaf infused with small bits of chocolate and drizzled with chocolate.

Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
Amount Per Serving / Teneur par portion	
Calories / Calories	330
Calories from fat / Calories des lipides	120
Calories from Saturated + Trans	25
Calories des lipides saturés et trans	25
% Daily Value / % valeur quotidienne	
Fat / Lipides	14 g 21 %
Saturated / saturés	3 g 15 %
+ Trans / trans	0 g
Omega-6 / oméga-6	0 g
Omega-3 / oméga-3	0 g
Cholesterol / Cholestérol	30 mg
Sodium / Sodium	300 mg 13 %
Carbohydrate / Glucides	47 g 16 %
Fibre / Fibres	2 g 6 %
Sugars / Sucres	29 g
Protein / Protéines	4 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	15 %



* Percent Daily Values are based on a 2,000-calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Bananas, Wheat Flour, Sugar, Pasteurized Egg, Canola Oil, Chocolate Chips, Chocolate, Vanilla, Baking Soda, Salt, Cinnamon, Baking Powder

***Please note this product contains wheat, egg, soy, and may contain traces of tree nuts and peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	10.2cm x 2.3cm x 8.9 cm +/- 0.6cm	Use tongs	no
Weight	108 g +/- 9g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

LEMON LOAF - SLICED

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Product Description: Very tangy lemon inside & out. Topped with a citrusy icing

Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
Amount Per Serving / Teneur par portion	
Calories / Calories	410
Calories from fat / Calories des lipides 120	
Calories from Saturated + Trans 10	
Calories des lipides saturés et trans 10	
% Daily Value / % valeur quotidienne	
Fat / Lipides	14 g 22 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	
Omega-6 / oméga-6 0 g	
Omega-3 / oméga-3 0 g	
Cholesterol / Cholestérol	15 mg
Sodium / Sodium	230 mg 10 %
Carbohydrate / Glucides	67 g 22 %
Fibre / Fibres 1 g	
Sugars / Sucres 39 g	
Protein / Protéines	4 g
Vitamin A / Vitamine A 0 %	
Vitamin C / Vitamine C 0 %	
Calcium / Calcium 2 %	
Iron / Fer 10 %	



* Percent Daily Values are based on a 2,000-calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Wheat Flour, Crushed Pineapple, Sugar, Icing Sugar, Canola Oil, Water, Pasteurized Egg, Natural Lemon Flavour, Lemon Juice, Vanilla, Baking Powder, Salt

***Please note this product contains wheat, egg, and may contain traces of tree nuts and peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	10.3cm x 2.3cm x 9.9cm +/- 0.6cm	Use tongs	no
Weight	136g +/- 12g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

REDUCED FAT CRANBERRY & OMEGA 3 & 6 LOAF - SLICED

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced with out Trumps Food Interest Ltd prior written consent.

Product Description: A healthy snack high in fibre filled with pumpkin seeds, flax seeds, sunflower seeds, walnuts pieces, and cranberries with a orange twist.

Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
Amount Per Serving / Teneur par portion	
Calories / Calories	260
Calories from fat / Calories des lipides	90
Calories from Saturated + Trans	10
Calories des lipides saturés et trans	10
% Daily Value / % valeur quotidienne	
Fat / Lipides	10 g 15 %
Saturated / saturés	1 g 5 %
+ Trans / trans	0 g
Omega-6 / oméga-6	4 g
Omega-3 / oméga-3	1 g
Cholesterol / Cholestérol	15 mg
Sodium / Sodium	300 mg 13 %
Carbohydrate / Glucides	38 g 13 %
Fibre / Fibres	6 g 24 %
Sugars / Sucres	18 g
Protein / Protéines	8 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	4 %
Iron / Fer	15 %



* Percent Daily Values are based on a 2,000-calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Whole Wheat Flour, Apple Sauce, Sugar, Cranberries, Skim Milk, Ground Flax Seeds, Pasteurized Egg, Egg Whites, Orange Flavored, Sunflower Seeds, Pumpkin Seeds, Walnuts, Sunflower Oil, Natural Tangerine Emulsion, Natural Orange Emulsion, Baking Powder, Oats, White Vanilla, Salt, Baking Soda, natural colour.

***Please note this product contains wheat, egg, milk, tree nuts and may contain traces of peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	10.2cm x 2.3cm x 7.9 cm +/- 0.6cm	Use tongs	no
Weight	108g +/- 9g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

BANANA LOAF

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced without Trumps Food Interest Ltd prior written consent.

Product Description: A wholesome moist loaf with overwhelming banana flavour baked to a wonderful dark brown.

Nutrition Facts Valeur nutritive	
Per 100 g / par 100 g	
Amount Per Serving / Teneur par portion	
Calories / Calories	350
Calories from fat / Calories des lipides	120
Calories from Saturated + Trans	10
Calories des lipides saturés et trans	10
% Daily Value / % valeur quotidienne	
Fat / Lipides	14 g 21 %
Saturated / saturés	1 g 5 %
+ Trans / trans	0 g
Omega-6 / oméga-6	0 g
Omega-3 / oméga-3	0 g
Cholesterol / Cholestérol	40 mg
Sodium / Sodium	380 mg 16 %
Carbohydrate / Glucides	51 g 17 %
Fibre / Fibres	2 g 7 %
Sugars / Sucres	30 g
Protein / Protéines	5 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	15 %



* Percent Daily Values are based on a 2,000-calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Bananas, Wheat Flour, Sugar, Pasteurized Egg, Canola Oil, Baking Soda, Salt, Vanilla, Cinnamon, Baking Powder

***Please note this product contains wheat, egg, and may contain traces of tree nuts and peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	20.4 cm x 10.2 x 10.2 +/- 0.6 cm	Use tongs	no
Weight	900 g +/- 75 g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

BLUEBERRY LEMON LOAF

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced without Trumps Food Interest Ltd prior written consent.

Product Description: A delicate lemon infused loaf baked with blueberry's through out, drizzled with citrus icing.

Nutrition Facts		Valeur nutritive	
Per 100 g / par 100 g			
Amount Per Serving / Teneur par portion			
Calories / Calories	300		
Calories from fat / Calories des lipides	100		
Calories from Saturated + Trans 5			
Calories des lipides saturés et trans 5			
% Daily Value / % valeur quotidienne			
Fat / Lipides	11 g		17 %
Saturated / saturés	1 g		
+ Trans / trans	0 g		4 %
Omega-6 / oméga-6	0 g		
Omega-3 / oméga-3	0 g		
Cholesterol / Cholestérol	20 mg		
Sodium / Sodium	240 mg		10 %
Carbohydrate / Glucides	45 g		15 %
Fibre / Fibres	1 g		5 %
Sugars / Sucres	22 g		
Protein / Protéines	4 g		
Vitamin A / Vitamine A			0 %
Vitamin C / Vitamine C			0 %
Calcium / Calcium			2 %
Iron / Fer			10 %



* Percent Daily Values are based on a 2,000-calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Flour, Crushed Pineapple, Sugar, Blueberries, Canola Oil, Pasteurized Egg, Icing Sugar, Water, Natural Lemon Flavour, Vanilla, Baking Powder, Lemon Juice, Salt

***Please note this product contains wheat, egg, and may contain traces of tree nuts and peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	20.4 cm x 10.2 x 10.2 +/- 0.6 cm	Use tongs	no
Weight	850 g +/- 50 g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

CARROT DATE LOAF

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced without Trumps Food Interest Ltd prior written consent.

Product Description: A memorable mixture of carrot and date in a light, moist loaf with a sweet and crunchy Demerara Sugar topping.

Nutrition Facts Valeur nutritive	
Per 100 g / par 100 g	
Amount Per Serving / Teneur par portion	
Calories / Calories	420
Calories from fat / Calories des lipides	170
Calories from Saturated + Trans	10
Calories des lipides saturés et trans	10
% Daily Value / % valeur quotidienne	
Fat / Lipides	20 g 30 %
Saturated / saturés	1.5 g
+ Trans / trans	0 g 7 %
Omega-6 / oméga-6	0 g
Omega-3 / oméga-3	0 g
Cholesterol / Cholestérol	35 mg
Sodium / Sodium	380 mg 16 %
Carbohydrate / Glucides	56 g 19 %
Fibre / Fibres	3 g 11 %
Sugars / Sucres	29 g
Protein / Protéines	5 g
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	4 %
Iron / Fer	15 %



* Percent Daily Values are based on a 2,000-calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Sugar, Wheat Flour, Carrots, Canola Oil, Pasteurized Egg, Dates, Whole Wheat Flour, Baking Soda, Baking Powder, Cinnamon, Salt, Vanilla

***Please note this product contains wheat, egg, and may contain traces of tree nuts and peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	10.2cm x 10.2cm x 8.9 +/- 0.6cm	Use tongs	no
Weight	850 g +/- 50 g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

CHOCOLATE CHIP BANANA LOAF

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced without Trumps Food Interest Ltd prior written consent.

Product Description: The classic banana loaf infused with small bits of chocolate and drizzled with chocolate.

Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
Amount Per Serving / Teneur par portion	
Calories / Calories	330
Calories from fat / Calories des lipides	120
Calories from Saturated + Trans	25
Calories des lipides saturés et trans	25
% Daily Value / % valeur quotidienne	
Fat / Lipides	14 g 21 %
Saturated / saturés	3 g 15 %
+ Trans / trans	0 g
Omega-6 / oméga-6	0 g
Omega-3 / oméga-3	0 g
Cholesterol / Cholestérol	30 mg
Sodium / Sodium	300 mg 13 %
Carbohydrate / Glucides	47 g 16 %
Fibre / Fibres	2 g 6 %
Sugars / Sucres	29 g
Protein / Protéines	4 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	15 %



* Percent Daily Values are based on a 2,000-calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Bananas, Wheat Flour, Sugar, Pasteurized Egg, Canola Oil, Chocolate Chips, Chocolate, Vanilla, Baking Soda, Salt, Cinnamon, Baking Powder

***Please note this product contains wheat, egg, soy, and may contain traces of tree nuts and peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	20.4 cm x 9.5cm x 8.9 cm +/- 0.6cm	Use tongs	no
Weight	1000 g +/- 50 g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no

TRUMPS PRODUCT INFORMATION SHEET

REDUCED FAT CRANBERRY & OMEGA 3 & 6 LOAF

The format, methodology & recipe are the sole property of Trumps Food Interest Ltd and may not be reproduced with out Trumps Food Interest Ltd prior written consent.

Product Description: A healthy snack high in fibre filled with pumpkin seeds, flax seeds, sunflower seeds, walnuts pieces, and cranberries with a orange twist.

Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
Amount Per Serving / Teneur par portion	
Calories / Calories	260
Calories from fat / Calories des lipides	90
Calories from Saturated + Trans	10
Calories des lipides saturés et trans	10
% Daily Value / % valeur quotidienne	
Fat / Lipides	10 g 15 %
Saturated / saturés	1 g 5 %
+ Trans / trans	0 g
Omega-6 / oméga-6	4 g
Omega-3 / oméga-3	1 g
Cholesterol / Cholestérol	15 mg
Sodium / Sodium	300 mg 13 %
Carbohydrate / Glucides	38 g 13 %
Fibre / Fibres	6 g 24 %
Sugars / Sucres	18 g
Protein / Protéines	8 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	4 %
Iron / Fer	15 %



* Percent Daily Values are based on a 2,000-calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: (In descending order by weight)

Whole Wheat Flour, Apple Sauce, Sugar, Cranberries, Skim Milk, Ground Flax Seeds, Pasteurized Egg, Egg Whites, Orange Flavored, Sunflower Seeds, Pumpkin Seeds, Walnuts, Sunflower Oil, Natural Tangerine Emulsion, Natural Orange Emulsion, Baking Powder, Oats, White Vanilla, Salt, Baking Soda, natural colour.

***Please note this product contains wheat, milk, egg, tree nuts and may contain traces of peanuts.**

RECEIVING SPECIFICATIONS:

Shelf life	3 days from thaw 3 months frozen.	Use gloves	yes
Size	20.4cm x 10.2cm x 7.6cm +/- 0.6cm	Use tongs	no
Weight	900g +/- 100g	Breaks easily	yes
Shape	Rectangle	Melts easily	no
Refrigeration required	no	Cake server required	no