

# GARY'S TRUE GRIT™ EINKORN GRANOLA



## PRODUCT SUMMARY

Served hot or cold, Gary's True Grit™ Einkorn Granola is a great way to start your day. This tasty combination of naturally sourced grains, nuts, berries and seeds provides both simple and complex carbs to keep you going throughout the day. With crunchy clusters mixed with chewy Organic Dried Ningxia Wolfberries, this granola is perfect to pack along with you no matter where you go!

All too often, cereals or on-the-go snacks are filled with refined sugars, high-fructose corn syrup, artificial colours and artificial flavours. Instead of including these overly processed ingredients, Gary's True Grit™ Einkorn Granola is sweetened by the combination of wolfberries, cranberries, cacao nibs and coconut sugar. These sweet hints are balanced by hearty sunflower seeds, almonds, walnuts, pecans and just the right amount of sea salt.

## KEY INGREDIENTS

Gary's True Grit™ Einkorn Flour, wolfberries, cacao nibs, old-fashioned oats, sunflower seeds, cranberries, almonds, walnuts, pecans, pure vanilla, sea salt, coconut sugar and Saigon cinnamon.

## EXPERIENCE

Whether you're starting your day, reaching for an afternoon snack, or looking for a healthier option on the go, your whole family will enjoy the great taste and nutrition of Gary's True Grit™ Einkorn Granola! This delicious blend of naturally sourced ingredients is sweetened by the combination of wolfberries, cranberries, cacao nibs, dark chocolate and coconut sugar. These sweet hints are balanced by the sunflower seeds, almonds, walnuts, pecans and just the right amount of sea salt. No matter where life takes you, you'll be glad you brought Gary's True Grit™ Einkorn Granola along for the ride!

## CAUTION

Contains tree nuts (coconut, almond, walnut, pecan).

Manufactured in a facility that also processes tree nuts, peanuts, soy, milk and eggs.

Storage: Keep in a cool, dark place.



## BENEFITS & FEATURES

- A delicious, convenient snack for energy on the go.
- A combination of simple and complex carbs, including nuts, berries and seeds, for energy from naturally sourced ingredients.
- Includes a variety of nuts, berries and seeds for a delicious flavour and complex texture.
- Contains no high-fructose corn syrup, GMOs, or additional colours, flavours or preservatives.
- Includes whole-grain Einkorn flour, which contains only 14 chromosomes and is touted as one of the oldest grains.
- Includes wolfberries and cranberries, known for their antioxidant properties.
- Is a vegan formula.

## DIRECTIONS

This versatile granola can be consumed as a hot or cold breakfast cereal, by itself as a dry snack or as a topping for yoghurts and other foods.

## INGREDIENTS

Oats, sunflower oil, syrup (from fruit juice and grain dextrin), whole-grain Einkorn flour (*Triticum monococcum*), sunflower seeds, coconut sugar, cranberries, almonds, wolfberries (*Lycium barbarum*), walnuts, pecans, cacao nibs, vanilla extract, sea salt, Saigon cinnamon

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## FREQUENTLY ASKED QUESTIONS

**Q. Where are the nuts used in the granola sourced?**

A. The almonds, walnuts and pecans used in Einkorn Granola are sourced from within the United States.

**Q. What is Saigon cinnamon? Is it the same cinnamon you use to source your Cinnamon Bark essential oil?**

A. Saigon cinnamon is sourced from Vietnam and was chosen for its rich flavour and heritage. Saigon cinnamon was selected for its more pronounced flavour, aroma and its high levels of coumarin. It is not the same cinnamon we use for our Cinnamon Bark essential oil.

**Q. Is Einkorn Granola considered gluten free?**

A. No. Einkorn Granola is not considered gluten free since it contains einkorn wheat, which has gluten in it.

**Q. From what is the fruit and grain dextrin derived? What purpose does it serve in Einkorn Granola?**

A. Fruit and grain dextrin is a natural fruit juice ingredient - a healthier alternative to corn syrup. It is used as a binder for the granola.

<b>Nutrition Facts</b>			
Serving Size 1/3 cup (34 g)			
Servings Per Container 10			
Amount Per Serving			
<b>Calories</b> 150		Calories from Fat 70	
% Daily Value*			
<b>Total Fat</b> 7 g			11%
Saturated Fat 1 g			5%
Trans Fat 0 g			
<b>Cholesterol</b> 0 mg			0%
<b>Sodium</b> 65 mg			3%
<b>Total Carbohydrate</b> 18 g			6%
Dietary Fiber 2 g			8%
Sugars 6 g			
<b>Protein</b> 3 g			
Vitamin A 0%	•	Vitamin C 2%	
Calcium 2%	•	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

\*These statements have not been evaluated by the Therapeutic Goods Administration. Young Living products are not intended to diagnose, treat, cure or prevent any disease.