

Organic Gourmet Granola

Country of Origin: Canada from domestic and imported ingredients

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/3 cup (45 g) / par 1/3 tasse (45 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 220	
Fat / Lipides 11 g	0 %
Saturated / saturés 2 g + Trans / trans 0 g	10 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 25 g	8 %
Fibre / Fibres 3 g	14 %
Sugars / Sucres 11 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Allergen Information:

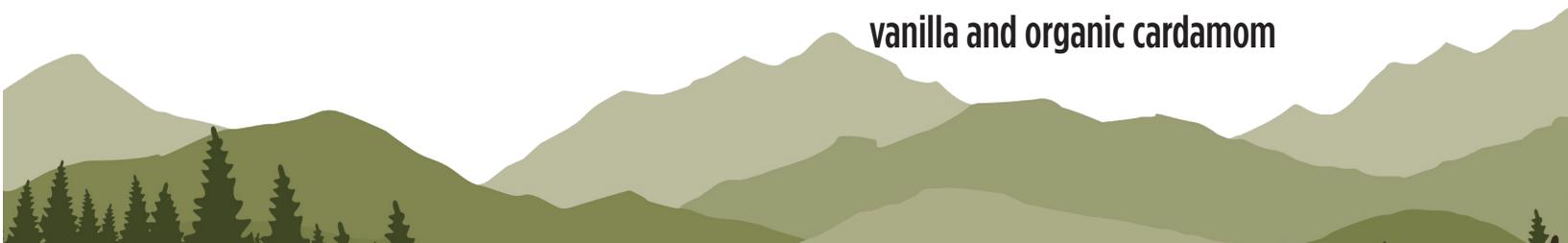
This product may contain sesame, milk, soy, wheat, gluten, and tree nuts.

Factoid:

Although often affiliated with the hippie health food movement of the 1960s, granola—originally made from a baked and crumbled mixture of graham flour and whole grains—was first created by Dr. John Harvey Kellogg in the 1870s. The food was first called granula, but was changed to 'granola' after Kellogg was sued by Dr. James Caleb Jackson, who had already created a graham flour mixture called granula. In the granola we know today, to diversify the nutritional value and flavour of granola, various seeds, fruits, nuts, syrups, puffed grains, and spices are commonly added.

Ingredients:

Organic rolled oats, organic honey, organic Thompson raisins, organic whole almonds, organic maple syrup, organic dried sweetened cranberries (organic cranberries, organic sugar, organic sunflower oil), organic sunflower oil, organic pumpkin seeds, organic sunflower seeds, organic walnuts, organic sesame seeds, organic hemp seeds, organic flax seeds, organic shredded coconut, organic cinnamon, organic vanilla and organic cardamom



Recipe:

**left coast
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Granola Bars

Ingredients:

1/3-1/2 C honey or light molasses

1/2 C brown sugar

1/2 tsp cinnamon (optional)

1 egg, beaten

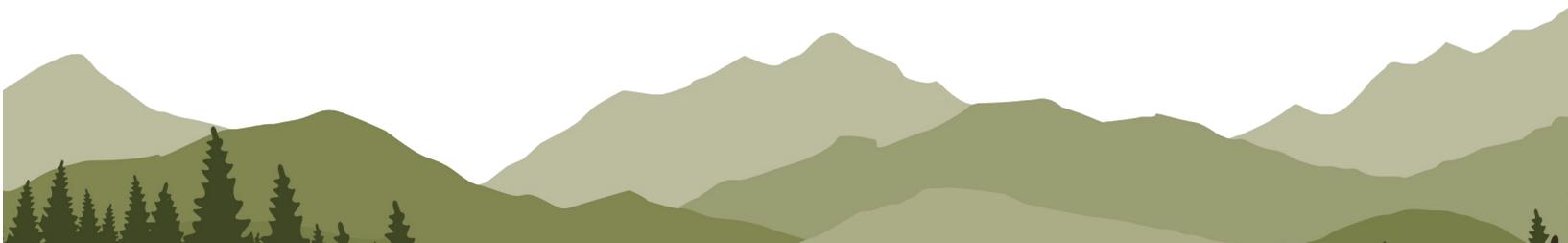
2/3 C butter

1 tsp vanilla

3 C gourmet original granola

Instructions:

1. In a large, ungreased shallow pan, toast oats and nuts in a 350F oven for 15-20 minutes. Toss with remaining ingredients, mixing well.
2. Press firmly into a 15 x 10-inch jelly roll pan which has been generously sprayed with non-stick spray or brushed with peanut or vegetable oil.
3. Bake at 350F for about 20 minutes, or until lightly browned along edges. Let cool. Cut into bars.



Farmer:

Left Coast Naturals

Left Coast Naturals is an organic food manufacturer and distributor based in Burnaby, BC, distributing nearly 30 brands, 200 bulk foods, and two brands of their own - Hippie Snacks and Left Coast Organics. Left Coast Naturals believes food grown and made right can make a difference, taking care to source ingredients from farmers and partners who support organic agriculture, a healthy planet, and healthy communities. They are the first distributor in North America with an official Non-GMO Policy for all of their products. As a certified B Corporation, Left Coast Naturals strives to use business as a force for good in society.

