

## Cereals

# Organic Hippy Snacks - Vanilla Almond Granola

Country of Origin: Canada from domestic and imported ingredients

Certified Organic

Pro-Cert

## Nutrition Facts Valeur nutritive

Per 1/2 cup (45 g) / par 1/2 tasse (45 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 230	
<b>Fat / Lipides</b> 15 g	<b>23 %</b>
Saturated / saturés 4 g + Trans / trans 0 g	<b>21 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 100 mg	<b>4 %</b>
<b>Carbohydrate / Glucides</b> 20 g	<b>7 %</b>
Fibre / Fibres 5 g	<b>20 %</b>
Sugars / Sucres 10 g	
<b>Protein / Protéines</b> 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	6 %
Iron / Fer	10 %

## Allergen Information:

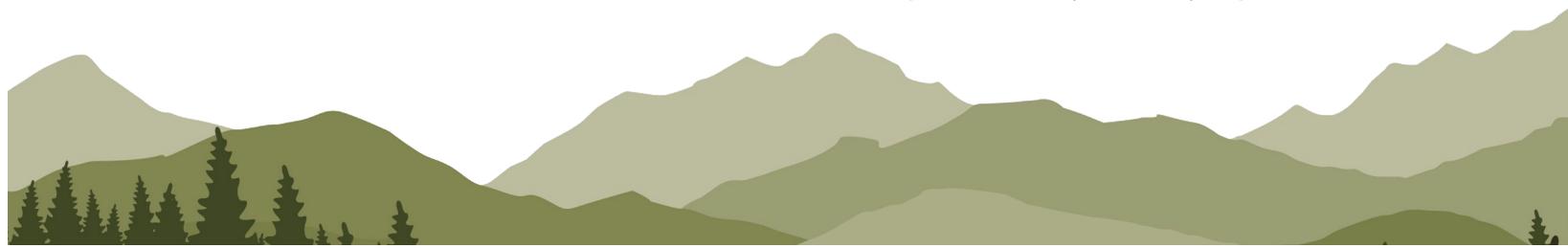
This product may contain sesame, milk, soy, and tree nuts.

## Factoid:

While many granolas use rolled oats as a base, Hippy Snacks' Hippy Granola is oat free. Instead, each cluster is made from nutrient dense superfood nuts, seeds and fruit like almonds, coconut, cranberries, pumpkin seeds and Thompson raisins. Hippy Granola is handmade in small batches by Left Coast Naturals in Burnaby, BC.

## Ingredients:

Organic almonds, organic thompson raisins, organic maple syrup, organic cane sugar, organic coconut, organic coconut flour, organic tapioca syrup, organic sunflower seeds, organic pumpkin seeds, organic dried cranberries (organic cranberries, organic sugar, organic sunflower oil), organic tapioca starch, water, organic vanilla, sea salt, organic cinnamon.



Recipe:

left coast  
ORGANICS

# Granola Superfood Parfait

## Ingredients:

1/8C Chia seeds

2/3 C Organic Hippie Snacks Granola

1/2 C Your favourite fresh berries, sliced

1/2 C Fresh mango, sliced

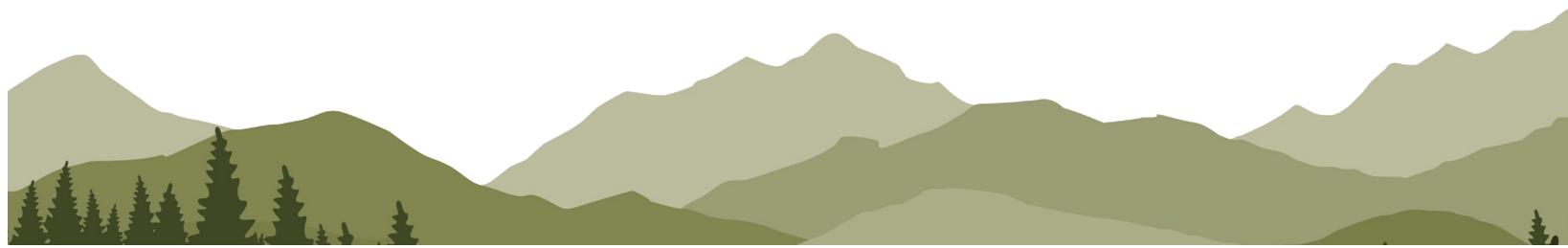
1/2 C coconut milk

1 Tbl honey

Vanilla extract to taste. Recommended 1 tsp

## Instructions:

1. Combine the chia seeds, honey, coconut milk and vanilla extract in a bowl. Stir until the ingredients are well integrated.
2. Cover, and place in the refrigerator overnight. The mixture should gel by the next morning.
3. The next day, in a separate glass bowl, cup or Mason jar, layer your chia mix, granola, sliced mango and sliced berries in alternating layers. Each layer should be 1 inch to 1.5 inches thick or to your preferred ratio of ingredients. Repeat until you reach the top of the glass or bowl. To finish, arrange fresh berries on the top layer. Or, garnish with fresh mint leaves or toasted almonds. Enjoy!



**Farmer:**

## **Hippie Snacks**

**Hippie Snacks is all about keeping real foods in your diet which means they use as few steps in their manufacturing process to keep the ingredients close to how nature intended. Minimally processed, their snacks are actually made from real food ingredients you can pronounce. Based in Burnaby, BC, the company puts a Hippie-Twist on traditional snacks and cereals. As a Certified B Corporation, Hippie Snacks is committed to serving the planet, the community, and its customers.**