

Cereals

Organic Hippy Snacks - Seeds and Fruit 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
Calories / Calories 230	
Fat / Lipides 15 g	23 %
Saturated / saturés 4 g + Trans / trans 0 g	19 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 80 mg	3 %
Carbohydrate / Glucides 21 g	7 %
Fibre / Fibres 5 g	19 %
Sugars / Sucres 10 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	6 %
Iron / Fer	20 %

Allergen Information:

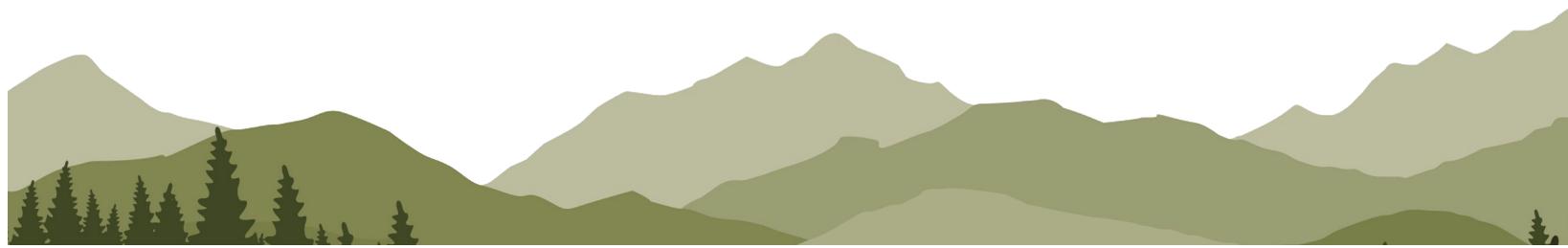
This product may contain sesame, milk, soy, and tree nuts.

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 seeds and fruit like chia seeds, hemp seeds, cranberries, flax seeds, Thompson raisins and coconut. Hippy Granola is handmade in small batches by Left Coast Naturals in Burnaby, BC.

Ingredients:

Organic sunflower seeds, organic tapioca syrup, organic hemp seeds, organic sesame seeds, organic coconut, organic agave syrup, organic cane sugar, organic pumpkin seeds, organic dried cranberries (organic cranberries, organic sugar, organic sunflower oil), organic flax seeds, organic Thompson raisins, organic coconut flour, organic chia seeds, organic tapioca starch, water, organic vanilla and sea salt.



Recipe:

left coast
ORGANICS

Hippie Snacks 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

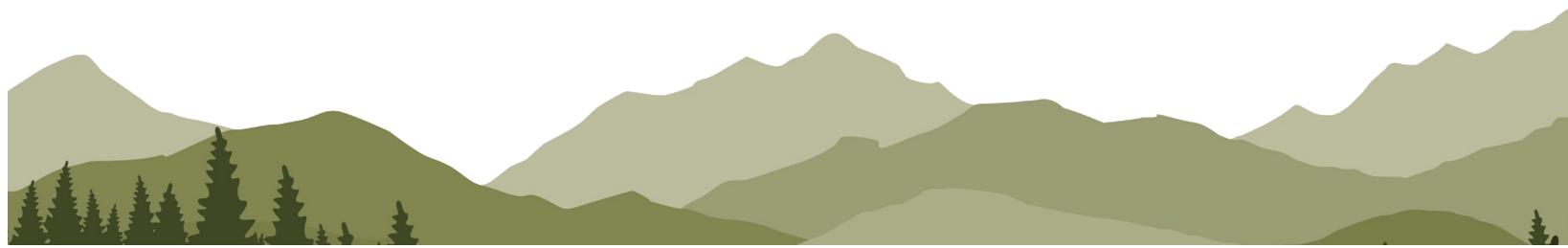
1/2 C coconut milk

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.