



24
SERVINGS



SHELF LIFE UP TO
10 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Super Nutty Granola

Nutrition Facts

Serving Size: 1/2 Cup (55g dry)
Servings Per Container: 24

Amount Per Serving			
Calories 250	Calories from Fat 90		
% Daily Value*			
Total Fat 10g	16%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 55mg	2%		
Total Carbohydrate 35g	12%		
Dietary Fiber 4g	18%		
Sugars 6g			
Protein 6g			
Vitamin A 0%	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.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

DIRECTIONS:

Use as a cereal, snack, or in a trail mix.

INGREDIENTS: Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil), molasses, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, salt, natural flavor, cardamom seed, fennel seed, fenugreek seed, nutmeg.

Contains allergens: Coconut, cashews, walnuts and almonds. May contain other tree nuts, wheat, and soy.

90166-120214