



**GLUTEN-FREE
SMART SNACKS**

Now Available

IN 2 PACKS!

#CRAVEHEALTHY | GREENPLATEFOODS.COM

CHOCOLATE CHIP COOKIE • GLUTEN-FREE • MADE WITH ZUCCHINI + FLAXSEEDS + PACKED WITH CHOCOLATE CHIPS



INGREDIENTS WE'RE PROUD OF: Cup4Cup gluten-free flour (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum), semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, soya lecithin) unsalted butter, raw cane sugar, eggs, ground flaxseed, organic sunflower lecithin, zucchini puree, pure vanilla extract, baking soda, salt | **CONTAINS: EGG, DAIRY**

Nutrition Facts Serving Size: 1 Cookie (31g/1.1oz), Servings Per Container: 2, Amount Per Serving: **Calories** 140, Calories from Fat 70, **Total Fat** 8g (12% DV), Saturated Fat 4.5g (22% DV), **Trans Fat** 0g, **Cholesterol** 20mg (7% DV), **Sodium** 30mg (1% DV), **Total Carbohydrate** 17g (6% DV), Dietary Fiber <1g (3% DV), Sugars 8g, **Protein** 1g (2% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

36 X 2 CT | Case
Shelf Life: Ambient 9 Days
Refrigerated 21 Days
Frozen 1 Year



ALMOND BUTTER COOKIE • GLUTEN-FREE • MADE WITH SWEET POTATO + FLAXSEEDS + ALMOND BUTTER



INGREDIENTS WE'RE PROUD OF: Barney Butter almond butter, raw cane sugar, Cup4Cup gluten-free flour (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum), sweet potato puree, eggs, flaxseed meal, organic sunflower lecithin, baking soda, pure vanilla extract | **CONTAINS: EGG, DAIRY, TREE NUTS (ALMONDS)**

Nutrition Facts Serving Size: 1 Cookie (31g/1.1oz), Servings Per Container: 2, Amount Per Serving: **Calories** 130, Calories from Fat 60, **Total Fat** 6g (10% DV), Saturated Fat 0g (2% DV), **Trans Fat** 0g, **Cholesterol** 10mg (3% DV), **Sodium** 75mg (3% DV), **Total Carbohydrate** 16g (5% DV), Dietary Fiber 2g (8% DV), Sugars 10g, **Protein** 3g (7% DV), Vitamin A (8% DV), Vitamin C (0% DV), Calcium (4% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

36 X 2 CT | Case
Shelf Life: Ambient 9 Days
Refrigerated 21 Days
Frozen 1 Year



BANANA CHOCOLATE CHIP MINI MUFFINS • GLUTEN-FREE • MADE WITH SWEET POTATO PUREE + GREEK YOGURT



INGREDIENTS WE'RE PROUD OF: banana, Cup4Cup gluten-free flour (corn starch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum), semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, soya lecithin), raw cane sugar, eggs, butternut squash puree, unsweetened applesauce, pure vanilla extract, baking powder, baking soda, cinnamon, salt | **CONTAINS: DAIRY + EGG**

Nutrition Facts Serving Size: 1 muffin (35g/1.25oz), Servings Per Container: 2, Amount Per Serving: **Calories** 80, Calories from Fat 15, **Total Fat** 1.5g (3% DV), Saturated Fat 1g (5% DV), **Trans Fat** 0g, **Cholesterol** 5mg (2% DV), **Sodium** 50mg (2% DV), **Total Carbohydrate** 17g (6% DV), Dietary Fiber <1g (3% DV), Sugars 8g, **Protein** <1g (2% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

36 X 2 CT | Case
Shelf Life: 3 Ambient Days
Refrigerated 8 Days
Frozen 1 Year



SUPER BROWNIE MINI MUFFINS • GLUTEN-FREE • MADE WITH SPINACH + BLUEBERRIES + CHOCOLATE



INGREDIENTS WE'RE PROUD OF: raw cane sugar, Cup4Cup gluten-free flour (corn starch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum), canola oil, gpf blueberry and spinach puree, unsweetened cocoa powder, eggs, salt, baking soda | **CONTAINS: EGG, DAIRY**

Nutrition Facts Serving Size: 1 muffin (35g/1.25oz), Servings Per Container: 2, Amount Per Serving: **Calories** 130, Calories from Fat 50, **Total Fat** 6g (9% DV), Saturated Fat 0.5g (3% DV), **Trans Fat** 0g, **Cholesterol** 10mg (3% DV), **Sodium** 65mg (3% DV), **Total Carbohydrate** 19g (6% DV), Dietary Fiber <1g (3% DV), Sugars 11g, **Protein** 1g (2% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

36 X 2 CT | Case
Shelf Life: Ambient 3 Days
Refrigerated 9 Days
Frozen 1 Year



ALMOND BUTTER MINI MUFFINS • GLUTEN-FREE • MADE WITH BUTTERNUT SQUASH



INGREDIENTS WE'RE PROUD OF: sweet potato puree, Barney Butter almond butter, Cup4Cup gluten-free flour (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum), nonfat greek yogurt, raw cane sugar, unsalted butter, egg whites, baking soda, baking powder, salt | **CONTAINS: EGG, DAIRY + TREE NUTS (ALMONDS)**

Nutrition Facts Serving Size: 1 Muffin (35g/1.25oz), Servings Per Container: 2, Amount Per Serving: **Calories** 110, Calories from Fat 45, **Total Fat** 5g (8% DV), Saturated Fat 1g (5% DV), **Trans Fat** 0g, **Cholesterol** <5mg (1% DV), **Sodium** 120mg (5% DV), **Total Carbohydrate** 13g (4% DV), Dietary Fiber <1g (2% DV), Sugars 5g, **Protein** 2g (4% DV), Vitamin A (25% DV), Vitamin C (0% DV), Calcium (4% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

36 X 2 CT | Case
Shelf Life: Ambient 3 Days
Refrigerated 8 Days
Frozen 1 Year



CHERRY CHOCOLATE NUBBLERS • 5 SIMPLE INGREDIENTS • SWEETENED BY FRUITS • GLUTEN-FREE • VEGAN • RAW



INGREDIENTS WE'RE PROUD OF: dried cherries, semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, soya lecithin), dried cranberries, unsweetened coconut, dried dates | **CONTAINS: TREE NUTS (COCONUT)**

Nutrition Facts Serving Size: 1 Nubbler (12g/0.43oz), Servings Per Container: 2, Amount Per Serving: **Calories** 45, Calories from Fat 15, **Total Fat** 2g (3% DV), Saturated Fat 1.5g (6% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carbohydrate** 8g (3% DV), Dietary Fiber <1g (3% DV), Sugars 7g, **Protein** 0g (1% DV), Vitamin A (2% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

72 X 2 CT | Case
Shelf Life:
Ambient 12 months
Frozen 18 months



BLUEBERRY PISTACHIO NUBBLERS • 5 SIMPLE INGREDIENTS • SWEETENED BY FRUITS • GLUTEN-FREE • VEGAN • RAW



INGREDIENTS WE'RE PROUD OF: dried blueberries, pistachios, dried cranberries, unsweetened coconut, dried dates | **CONTAINS: TREE NUTS (PISTACHIO + COCONUT)**

Nutrition Facts Serving Size: 1 Nubbler (12g/0.43oz), Servings Per Container: 2, Amount Per Serving: **Calories** 50, Calories from Fat 25, **Total Fat** 2.5g (4% DV), Saturated Fat 1.5g (8% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carbohydrate** 7g (2% DV), Dietary Fiber 1g (5% DV), Sugars 5g, **Protein** <1g (1% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

72 X 2 CT | Case
Shelf Life:
Ambient 12 months
Frozen 18 months



APRICOT CRANBERRY NUBBLERS • 5 SIMPLE INGREDIENTS • SWEETENED BY FRUITS • GLUTEN-FREE • VEGAN • RAW



INGREDIENTS WE'RE PROUD OF: dried apricots (unsulphured), dried cranberries, old fashioned rolled oats, unsweetened coconut, dried dates | **CONTAINS: OATS + TREE NUTS (COCONUT)**

Nutrition Facts Serving Size: 1 Nubbler (12g/0.43oz), Servings Per Container: 2, Amount Per Serving: **Calories** 40, Calories from Fat 5, **Total Fat** 0.5g (1% DV), Saturated Fat 0g (2% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carbohydrate** 8g (3% DV), Dietary Fiber <1g (4% DV), Sugars 6g, **Protein** 0g (1% DV), Vitamin A (4% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

72 X 2 CT | Case
Shelf Life:
Ambient 12 months
Frozen 18 months

