



Ceres' Snacks

# Product Information

snacking your way!

The energy truffles start with a mix of superfoods-seeds, nuts, whole grains, legumes and fruit. The mix is combined with a binder of choice. After blending it is ready to roll into a bar or smaller bite.

## Brownie Batter

Ingredients: Walnuts, Dates, Chickpea Flour, Cocoa, Flaxseed, Hulled Hemp Seed, Chia Seed, Roasted Coffee Grounds, Sea Salt  
Contains: Walnut

\*\*Prepared with almond butter

### Nutrition Facts

10 servings per container

Serving size 34 g (38 g)

	Package	As Prepared
Calories	160	180
	% DV*	% DV*
<b>Total Fat</b>	11g 14%	13g 17%
Saturated Fat	1g 5%	1.5g 8%
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg 0%	0mg 0%
<b>Sodium</b>	60mg 3%	60mg 3%
<b>Total Carb.</b>	15g 5%	16g 6%
Dietary Fiber	4g 14%	4g 14%
Total Sugars	9g	9g
Incl. Added Sugars	0g 0%	0g 0%
<b>Protein</b>	4g	5g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	40mg 2%	40mg 4%
Iron	1.2mg 6%	1.4mg 8%
Potassium	250mg 6%	270mg 6%
Vitamin E	0.2mg 2%	0.9mg 6%
Thiamin	0.1mg 10%	0.1mg 10%
Riboflavin	0.05mg 4%	0.1mg 4%
Niacin	0.9mg 6%	1.1mg 6%
Vitamin B6	0.1mg 8%	0.1mg 8%
Folate	30mcg DFE 8%	40mcg DFE 10%
Pantothenic Acid	0.2mg 4%	0.2mg 4%
Phosphorus	120mg 10%	140mg 10%
Magnesium	65mg 15%	75mg 20%
Zinc	0.9mg 8%	1.1mg 10%
Selenium	2mcg 4%	6mcg 10%
Copper	0.4mg 45%	0.5mg 50%
Manganese	0.8mg 35%	0.9mg 35%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Vanilla Cake Batter

Ingredients: Dates, Walnuts, Almonds, Oats, Chia Seeds, Chickpea Flour, Coconut, Vanilla, Sea Salt, Contains: Walnut, Almond  
\*\*Nutrition reflects preparation with raspberries

### Nutrition Facts

10 servings per container

Serving size 34 g (40g)

	Package	As Prepared
Calories	170	180
	% DV*	% DV*
<b>Total Fat</b>	12g 15%	13g 17%
Saturated Fat	1g 5%	1.5g 8%
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg 0%	0mg 0%
<b>Sodium</b>	60mg 3%	60mg 3%
<b>Total Carb.</b>	15g 5%	16g 6%
Dietary Fiber	4g 14%	4g 14%
Total Sugars	9g	9g
Incl. Added Sugars	0g 0%	0g 0%
<b>Protein</b>	5g	5g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	50mg 4%	40mg 4%
Iron	1.3mg 8%	1.4mg 8%
Potassium	270mg 6%	270mg 6%
Vitamin E	0.9mg 6%	0.9mg 6%
Thiamin	0.1mg 10%	0.1mg 10%
Riboflavin	0.1mg 6%	0.1mg 4%
Niacin	1mg 6%	1.1mg 6%
Vitamin B6	0.1mg 8%	0.1mg 8%
Folate	30mcg DFE 8%	40mcg DFE 10%
Phosphorus	140mg 10%	140mg 10%
Magnesium	70mg 15%	75mg 20%
Zinc	1mg 10%	1.1mg 10%
Selenium	2mcg 4%	6mcg 10%
Copper	0.4mg 50%	0.5mg 50%
Manganese	0.8mg 35%	0.9mg 35%

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## Better Butter Cup

Ingredients: Oats, Dates, Coconut, Chia Seeds, Chickpea Flour, Cocoa, Flax Seeds

\*\*Nutrition reflects preparation with peanut butter & maple syrup

### Nutrition Facts

14 servings per container

Serving size 24.3 g (39g)

	Package	As Prepared
Calories	90	170
	% DV*	% DV*
<b>Total Fat</b>	2.5g 3%	8g 10%
Saturated Fat	1g 5%	2g 10%
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg 0%	0mg 0%
<b>Sodium</b>	10mg 0%	10mg 0%
<b>Total Carb.</b>	15g 5%	20g 7%
Dietary Fiber	3g 11%	4g 14%
Total Sugars	6g	9g
Incl. Added Sugars	<1g 1%	3g 6%
<b>Protein</b>	3g	5g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	30mg 2%	40mg 2%
Iron	1mg 6%	1.2mg 6%
Potassium	130mg 2%	200mg 4%
Thiamin	0.1mg 10%	0.1mg 10%
Riboflavin	0.03mg 2%	0.1mg 6%
Niacin	0.5mg 2%	1.9mg 10%
Folate	15mcg DFE 4%	25mcg DFE 6%
Phosphorus	90mg 8%	130mg 10%
Magnesium	35mg 8%	55mg 15%
Zinc	0.6mg 6%	1mg 8%
Selenium	2mcg 2%	2mcg 4%
Copper	0.2mg 20%	0.2mg 25%
Manganese	0.6mg 30%	0.9mg 40%

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