

Spelt Puffs with Honey 5 oz
PUFFED SPELT WITH HONEY

Unflavored

Commercial Brand : Prozis

NUTRITION FACTS

Servings per container About 4

Serving size: 1 cup(s) (38 g)

Amount per serving	% Daily Value*
Calories 150	
Total Fat 1.0 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 30 g	11%
Dietary Fiber 1 g	4%
Total Sugars 13 g	
Includes 13g Added Sugars	26%
Protein 5 g	10%
Vitamin D 0 mcg	0%
Calcium 110 mg	8%
Iron 7.8 mg	43%
Potassium 120 mg	3%

*The % Daily Value 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.

Ingredients: Puffed Spelt, Cane Sugar, Honey, Rapeseed Oil.

Contains: Wheat. Manufactured in a facility that also processes milk, eggs, tree nuts, peanuts and soybeans.

Suggested Use: Mix with milk or any vegetable drink, yogurt, smoothies, or another food of your choice.

Keep in the original packaging in a cool, dry place, avoiding direct sunlight.

Lot/Best By: See packaging

Distributed by:
PRZ NOW LLC
Sunrise, FL, 33325

5.3 oz (0.3 lb) 150 g



5607780048151

Made in Portugal