

# IZZY'S

GF<sup>®</sup>  
GLUTEN  
FREE

crazy good

# GRANOLA™

HANDMADE • SMALL BATCHES

**KETO FRIENDLY**  
AND  
**LECTIN FREE\***

85% NUTS & SEEDS

made with  
**ORGANIC**  
ingredients

VEGAN  
non-GMO

Per portion (30g):

Fat	Carb	Fiber	Sugar
<b>17g</b>	<b>6g</b>	<b>2g</b>	<b>2g</b>
<b>22%</b>	<b>2%</b>	<b>7%</b>	<b>4%</b>

**MADE IN CENTRAL OREGON**  
**NET WT. 8 OZ. (227G)**

\*For more information on lectins, please visit [www.busyizzyfoods.com](http://www.busyizzyfoods.com)

a nutritionally dense  
cereal, snack, or topping.



PECANS



COCONUT



HEMP

Izzy's "Crazy Good" Granola  
is the perfect  
power food!

IZZY'S "CRAZY GOOD" GRANOLA is the only lectin-free cereal option that I am aware of. Using puffed millet and hemp hearts, this twist on my original recipe is a superfood sensation and a tastebud knock out! While I first made this version for my family, I now offer it commercially so that everyone has a lectin-free cereal option. Enjoy it as a snack, on top of yogurt, or served with coconut or hemp milk for a true gut loving experience.

**LECTIN FREE\* & KETO FRIENDLY!**

I use only PREMIUM organic ingredients and make in small batches so that you experience the best product... Enjoy.

"That's Crazy Good!"

Nutrition Facts	Amount/serving	% DV*	Amount/serving	% DV*
	7-8 servings per bag	<b>Total Fat</b> 17g	<b>22%</b>	<b>Total Carbohydrate</b> 6g
<b>Serving size</b> <b>1/4 cup (30g)</b>	Saturated Fat 6g	<b>30%</b>	Dietary Fiber 2g	<b>7%</b>
<b>Calories</b> <b>per serving</b> <b>180</b>	Trans Fat 0g		Total Sugars 2g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 2g Added Sugars	<b>4%</b>
	<b>Sodium</b> 60mg	<b>3%</b>	<b>Protein</b> 4g	
	Vit. D 0mcg 0% • Calcium 17mg 2% • Iron 2mg 10% • Potas. 138mg 2%			
	*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.			

**INGREDIENTS:** Pecans\*, Hemp Hearts\*, Coconut Chips\*, Maple Syrup\*, Unrefined Virgin Coconut Oil\*, Puffed Millet\*, Flax Seeds\*, Unrefined Celtic Sea Salt.  
\*Certified Organic Ingredient

**BAKED ON:**

**Stays fresh for 3 months.**  
**Once opened protect from moisture.**



**BUSY IZZY FOODS**  
Prineville, OR 97754  
[www.buzzyzyfoods.com](http://www.buzzyzyfoods.com)

[buzzyzyfoods](https://www.facebook.com/buzzyzyfoods) [buzzyzyfoods](https://www.instagram.com/buzzyzyfoods)

**CONTAINS:** Tree nuts (pecans, coconut). Manufactured on equipment which also processes wheat, almonds, hazelnuts, eggs and dairy.



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