IZZY’s

crazy good

GRANOLA

HANDMADE • SMALL BATCHES
• 85% NUTS & SEEDS

KETO FRIENDLY AND
LECTIN FREE*

made with ORGANIC ingredients

VEGAN non-GMO

Per portion (30g):
Fat 17g (22%)
Carb 6g (2%)
Fiber 2g (7%)
Sugar 2g (4%)

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

*For more information on lectins, please visit www.busyizzyfoods.com
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**

<table>
<thead>
<tr>
<th>Amount/serving</th>
<th>% DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>17g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>6g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>60mg</td>
</tr>
</tbody>
</table>

7-8 servings per bag
Serving size 1/4 cup (30g)
Calories per serving 180

<table>
<thead>
<tr>
<th>Amount/serving</th>
<th>% DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>6g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>*Includes 2g Added Sugars</td>
<td>4%</td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
</tr>
</tbody>
</table>

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.busyizzyfoods.com

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

**For more information on lectins, please visit www.busyizzyfoods.com**