

**All Natural
Gluten Free**

Laura's GOURMET GRANOLA™

Which flavor are you?

Vanilla Almond Crunch



Laura's Gourmet Granola™, Vanilla Almond Crunch – the flavor that started it all. Originally baked for Chef Laura's own enjoyment, she realized quickly she had to share. This perfect balance of **crunchy oats, slivered almonds, honey and pure vanilla** truly raises the granola bar and makes a great one! Thanks to Laura's Gourmet Granola, Vanilla Almond Crunch, your parfaits, salads, pancakes or quick snack just achieved rock star status!

Nutrition Facts

Suggested Serving Size 1/2 cup (50g)	
Servings Per Container 9	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 5g	10%

*Percent Daily Values are based on a 2,000 calorie diet.
Suggested serving size for foodservice is 1/4 cup.

INGREDIENTS: Whole Rolled Oats, Golden Brown Sugar, Honey, Non-GMO Canola Oil, Blanched Slivered Almonds, Spices, Kosher Salt, Pure Vanilla Extract.

FOODSERVICE



25 lb. Bag

RETAIL



16 oz. Bag

LocoCocoNut Crunch



If you're crazy for coconut, then go loco for Laura's Gourmet Granola™, LocoCocoNut Crunch. Chef Laura is all business when it comes to the pleasure of making your mouth water and this combination of **organic extra virgin coconut oil, organic blue agave nectar, wide sliced coconut and crunchy oats** will make your taste buds crazy for more.

Nutrition Facts

Suggested Serving Size 1/2 cup (50g)	
Servings Per Container 9	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 5g	10%

*Percent Daily Values are based on a 2,000 calorie diet.
Suggested serving size for foodservice is 1/4 cup.

INGREDIENTS: Whole Rolled Oats, Golden Brown Sugar, Organic Blue Agave Nectar, Organic Extra Virgin Coconut Oil, Dried Coconut (Coconut, Sodium Metabisulfite [Preservative]), Pure Vanilla Extract, Kosher Salt.



FOODSERVICE



25 lb. Bag

RETAIL



16 oz. Bag

AppleLicious Crunch



Each AppleLicious bite of Laura's Gourmet Granola™, AppleLicious Crunch, creates a flavor frenzy you have never experienced before. Add it as a topping to oatmeal, mix it into yogurt or bake into your favorite cookie recipe. **Cinnamon diced apples, crunchy oats and organic blue agave nectar** is the combination that puts an "Apple" in delicious.

Nutrition Facts

Suggested Serving Size 1/2 cup (50g)	
Servings Per Container 9	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 11g	
Protein 5g	10%

*Percent Daily Values are based on a 2,000 calorie diet.
Suggested serving size for foodservice is 1/4 cup.

INGREDIENTS: Whole Rolled Oats, Golden Brown Sugar, Non-GMO Canola Oil, Organic Blue Agave Nectar, Diced Apples (Apples, Sugar, and Cinnamon), Kosher Salt, Pure Vanilla Extract, Spices.



FOODSERVICE



25 lb. Bag

RETAIL



16 oz. Bag

All of Laura's Gourmet Granola products are manufactured in a facility that processes tree nuts and peanuts.

Dairy Free • No Cholesterol • Soy Free • Low Sodium • Trans Fat Free • A Great Source of Whole Grains, Fiber & Protein

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Laura's GOURMET GRANOLA™

Gluten Free

CherryRific Crunch



What do you get when you combine **chewy dried tart cherries** with terrific granola by Laura's Gourmet Granola™? CherryRific Crunch, of course! And with the addition of **organic whole ground golden flaxseed**, every bite is Omega-Awesome. Throw some on a chopped salad, over ice cream, or just enjoy it straight. CherryRific Crunch redefines love at first bite.

Nutrition Facts	
Suggested Serving Size 1/2 cup (50g) Servings Per Container 9	
Amount Per Serving	% Daily Value*
Calories 220	Calories from Fat 60
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 5g	10%

*Percent Daily Values are based on a 2,000 calorie diet.
Suggested serving size for foodservice is 1/4 cup.

INGREDIENTS: Whole Rolled Oats, Golden Brown Sugar, Dried Tart Cherries (Cherries, Sugar, Sunflower Oil), Non-GMO Canola Oil, Organic Blue Agave Nectar, Organic Whole Ground Golden Flaxseed, Kosher Salt, Pure Vanilla Extract.



FOODSERVICE

RETAIL



25 lb. Bag

16 oz. Bag

Sinful Cinnamon Crunch



It may be called Sinful Cinnamon Crunch, but this flavor of Laura's Gourmet Granola™ is as innocent as it gets. Full of flavor, yet **free of nuts and gluten**, this vegan delight pleases even those with the pickiest of palates or most stringent dietary requirements. The simplest combination of **cinnamon, vanilla and organic blue agave nectar** is a flavor powerhouse you won't want to miss. Sinful Cinnamon Crunch - devilishly delicious.

Nutrition Facts	
Suggested Serving Size 1/2 cup (50g) Servings Per Container 9	
Amount Per Serving	% Daily Value*
Calories 200	Calories from Fat 70
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 5g	10%

*Percent Daily Values are based on a 2,000 calorie diet.
Suggested serving size for foodservice is 1/4 cup.

INGREDIENTS: Whole Rolled Oats, Golden Brown Sugar, Non-GMO Canola Oil, Organic Blue Agave Nectar, Ground Cinnamon, Kosher Salt, Pure Vanilla Extract.



FOODSERVICE

RETAIL



25 lb. Bag

16 oz. Bag

Honey Roasted Peanut Crunch



Laura's Gourmet Granola™, Honey Roasted Peanut Crunch. If you combined a peanut butter cookie with peanut brittle, and added a healthful conscience, this is what you'd get. Now you can indulge yourself from breakfast to snack time to dessert. Try with some strawberry yogurt and you've redefined peanut butter and jelly. Eat it straight before you hit the trails. Crunchy **oats, honey roasted peanuts, a touch of honey** in one perfect combination.

Nutrition Facts	
Suggested Serving Size 1/2 cup (50g) Servings Per Container 9	
Amount Per Serving	% Daily Value*
Calories 200	Calories from Fat 70
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 6g	12%

*Percent Daily Values are based on a 2,000 calorie diet.
Suggested serving size for foodservice is 1/4 cup.

INGREDIENTS: Whole Rolled Oats, Golden Brown Sugar, Honey, Honey Roasted Peanuts (Peanuts, Sugar, Honey, Peanut and/or Canola Oil, Salt, Modified Potato Starch and /or Xanthan Gum) Non-GMO Canola Oil, Kosher Salt, Pure Vanilla Extract.

FOODSERVICE

RETAIL



25 lb. Bag

16 oz. Bag

Pumpkin Pecan Crunch



Nothing says Fall better than pumpkin, and nothing beats Laura's Gourmet Granola™, Pumpkin Pecan Crunch to take you through this festive season. With **mammoth pecan halves** and the **perfect pumpkin spice blend**, Pumpkin Pecan Crunch was created to satisfy cravings for everything pumpkin. Bake into muffins, sprinkle on pies, fold into pancakes ... you get the idea. Laura's Gourmet Granola, Pumpkin Pecan Crunch - the flavor of Fall.

Nutrition Facts	
Suggested Serving Size 1/2 cup (50g) Servings Per Container 9	
Amount Per Serving	% Daily Value*
Calories 200	Calories from Fat 70
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 5g	10%

*Percent Daily Values are based on a 2,000 calorie diet.
Suggested serving size for foodservice is 1/4 cup.

INGREDIENTS: Whole Rolled Oats, Golden Brown Sugar, Honey, Non-GMO Canola Oil, Mammoth Pecan Halves, Spices, Kosher Salt, Pure Vanilla Extract.

FOODSERVICE

RETAIL



25 lb. Bag

16 oz. Bag

Dairy Free • No Cholesterol • Soy Free • Low Sodium • Trans Fat Free • A Great Source of Whole Grains, Fiber & Protein

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