

## Nutrition Facts

Serving Size

1 cookie, Amount per serving: 57g

**Calories** 180, Calories from Fat 60,

**Total Fat** 6.5g (10% DV), Sat. Fat 2.5g (13% DV), *Trans* Fat 0g (0% DV)

**Cholesterol** 0mg (0% DV), **Sodium** 150mg (6% DV), **Total Carb.** 30g

(10% DV), Dietary Fiber 3g (12% DV),

Sugars 14g, **Protein** 3g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium

(2% DV), Iron (6% DV). \*Percent Daily

Values (DV) are based on a 2,000 calorie

diet. Your daily values may be higher or lower

depending on your calorie needs.

Non-GMO applesauce (apples, water, ascorbic acid), **organic** oats, **organic** spelt flour, white chocolate chips (sugar, palm oil, cocoa butter, soy lecithin, vanillin, salt, vegan flavors), semisweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin), **organic** agave syrup, **organic** raw sugar, **organic** palm oil, baking soda, cinnamon, baking powder (monocalcium phosphate, sodium bicarbonate, corn starch), vanilla extract, salt.

**CONTAINS WHEAT AND SOY INGREDIENTS.**  
**MANUFACTURED ON EQUIPMENT THAT ALSO**  
**PROCESSES TREE NUTS AND PEANUTS.**



**OPES**  
COOKIES

Fuels positive change in  
you + your community

## A LITTLE BITE ABOUT US

OPES COOKIES ARE FULL OF INGREDIENTS YOUR TASTEBUDS WILL LOVE AND YOUR BODY (AND OUR PLANET) WILL THANK YOU FOR – NUTRITIOUS, NON-GMO, AND CAREFULLY SELECTED. WE MAKE OPES COOKIES BECAUSE THE WORLD NEEDS CLEAN COOKIES FULL OF FLAVOR AND FREE OF GUILT + GUNK. GO AHEAD. HAVE A COOKIE!

## HOW DO YOU OPES?

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EAT ME WITHIN 7 DAYS OR FREEZE ME FOR UP TO A YEAR



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