





SPROUTED™



During our “Unique” baking process, we let the raw pretzel set to perfection. Then, when ready, the pretzel is placed in the oven where it “Splits” open, creating bubbles and crevices that are crunchy and full of flavor. With our slow-baked, artisan process, each and every “Split” is Unique.

-  **NO: Artificial Colors or Flavors**
-  **NO: Added Sugars or Malts**
-  **NO: Additives or Preservatives**
-  **NO: Trans Fat**

-  A Good Source of Fiber
-  Organic  NON-GMO
-  Vegan  Kosher
-  Cholesterol FREE
-  Sugar FREE
-  Lactose FREE



**More Flavor. Fewer Ingredients.
Smarter Baking.**





What is
"Sprouted Grain Flour?"

Essential Eating®'s authentic process duplicates nature's balance of sunshine and rain to sprout the whole grains into plants, so that your body can digest the flour as vegetables – not as dried seeds or starches!



Nutrition Facts	
7.5 servings per container	
Serving size	30g
(about 3.5 pretzels)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 395mg	17%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Soluble Fiber <1g (less than 1)	
Insoluble Fiber 2g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.9mg 6%	Potas. 110mg 2%

Nutrition Facts	
7.5 servings per container	
Serving size	30g
(about 14 pretzels)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 395mg	17%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Soluble Fiber <1g (less than 1)	
Insoluble Fiber 2g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.9mg 6%	Potas. 110mg 2%



Ingredients: Organic Sprouted 100% Whole Wheat Flour, Organic Extra Virgin Olive Oil, Sea Salt, Soda, and Organic Yeast.

* 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: Organic Sprouted 100% Whole Wheat Flour, Organic Extra Virgin Olive Oil, Sea Salt, Soda and Organic Yeast.

ALLERGY INFORMATION: Contains Wheat

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Unit Weight: 8 oz.
Units Per Case: 12
Net Case Weight: 6.1 lbs.
Gross Case Weight: 8 lbs.
Case Dims: 15.6" L x 13" W x 11" H
Pallet Tie/High: 9/7



The Spannuth family has been baking pretzels for six generations, dating back to the late 1800s. Since then, we have used only simple ingredients and continued to use a slow-bake process to provide you with the highest quality pretzels possible.



The Spannuth Family

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