

CALORIES PER OZ:

168

TOTAL PROTEIN:

23G

BANANA PECAN BREAD PUDDING

LOCAL SOURDOUGH BREAD, OATS, TOASTED PECANS, SUNFLOWER AND FLAX SEEDS BAKED IN A RICH CUSTARD OF ORGANIC EGGS, BANANAS, VANILLA, COCONUT MILK, AND CREAM.

MEAL PREPARATION:

- 1 OPEN POUCH AT TEAR NOTCH AND REMOVE OXYGEN ABSORBER.
- 2 ADD 4OZ (120ML) BOILING WATER AND STIR WELL.
- 3 ZIP POUCH CLOSED AND LET SIT 10-12 MINUTES
LONGER AT ELEVATION
- 4 OPEN, STIR AGAIN AND ENJOY!



PROUDLY MADE IN
EMMETT, IDAHO



Nutrition Facts

1 servings per container

Serving size (113g)

Amount Per Serving

Calories 670

% Daily Value*

Total Fat 36g 46%

Saturated Fat 18g 90%

Trans Fat 0g

Cholesterol 170mg 57%

Sodium 360mg 16%

Total Carbohydrate 65g 24%

Dietary Fiber 5g 18%

Total Sugars 34g

Includes 9g Added Sugars 18%

Protein 23g 46%

Vitamin D 7mcg 35%

Calcium 217mg 15%

Iron 4mg 20%

Potassium 520mg 10%

*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.

THE ALPINE RANCH

PROMISE:

HIGH PROTEIN, HIGH CALORIE.
HAND-CRAFTED WITH
CLEAN, NATURAL INGREDIENTS.
NO ADDITIVES OR FILLERS.

INGREDIENTS:

ORGANIC SOURDOUGH BREAD (ORGANIC WHEAT FLOUR, ORGANIC CULTURES, WATER, SALT), ORGANIC EGGS, ORGANIC BANANAS, ORGANIC OATS, ORGANIC FLAX SEED, ORGANIC SUNFLOWER SEED, PECANS, ORGANIC BROWN SUGAR, ORGANIC COCONUT MILK, ORGANIC HEAVY CREAM, ORGANIC BUTTER, ORGANIC SWEETENED CONDENSED MILK (ORGANIC MILK, ORGANIC SUGAR), ORGANIC WHEY PROTEIN (ORGANIC WHEY ISOLATE)

CONTAINS:

MILK, WHEAT, TREE NUTS, EGGS

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