

Here's a product label and nutrition statement for your homemade granola.  
Use this one if your packaging it in one gallon containers.

Homemade

# E-Z Trails Granola

**Honey-Maple-Almond-Walnut**

ALL NATURAL • HIGH FIBER  
VERY LOW SODIUM • CHOLESTEROL FREE  
NO ADDED OILS • NO PRESERVATIVES

**Ingredients:** Old fashioned rolled oats, dried chopped dates, raisins, honey, whole almonds, whole walnuts, real maple syrup, prune juice, toasted wheat germ, blackstrap molasses, wheat bran, real vanilla, cinnamon

**Contents:** One gallon **Net Wt:** 5 lbs (2.3 kg)

Storage: cool • dry • dark

<b>Nutrition Facts</b>	
Serving Size ½ cup (71g)	
Servings Per Gallon about 32	
<b>Amount Per Serving</b>	
<b>Calories 297    Calories from fat 81</b>	
<b>Total Fat</b>	9g
Saturated Fat	<1g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	2mg
<b>Total Carbohydrate</b>	50g
Dietary Fiber	6g
Sugars	28g
<b>Protein</b>	7g

(see \*Notes page 6)

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