



## Snacks

### Energy Balls



#### Choco-protein recovery (choco-proteína recovery)

medjoul dates, pea protein\*, **oats**\*, raw cacao powder\*, **almond** butter, coconut oil\*, toasted **hazelnuts**\*, agave syrup\*, water

Options: no agave syrup

31g, raw, recommended to store 1 week in the refrigerator or 3 months in the freezer

*May contain traces of gluten, sesame, soy, peanuts, or other tree nuts*



#### Choco-coco / Choco-orange

medjoul dates, **oats**\*, shredded coconut\*, raw cacao powder\*, raw **almonds**\*, agave syrup\*, coconut oil\*, water  
Choco-orange also has: sweet orange essential oil\*, cinnamon\*

Options: no coconut, no agave syrup, raw

25g, cooked, store 2 weeks in an airtight container at room temperature or 3 months in the freezer

*May contain traces of gluten, sesame, soy, peanuts, or other tree nuts*



#### Carrot low-hist(amine)- all ingredients are O-1 on the SIGHI list

carrots, medjoul dates, teff flakes, **brasil nuts**\*, shredded coconut\*, **almond** butter\*, black seeds (nigella sativa)\*, ground flax\*, cinnamon\*, powdered ginger\*

25g, raw, recommended to store 1 week in the refrigerator or 3 months in the freezer

*May contain traces of peanuts, tree nuts, or sesame*



#### Apricot (Albaricoque)

dehydrated apricot\*, raw **almonds**\*, hemp hearts\*, powdered ginger\*, black pepper, vanilla extract, non-refined sea salt, water (may contain raspberry)

Options: rolled in raspberry (no sugar) or hemp hearts

22g, raw, recommended to store 2 weeks in the refrigerator or 3 months in the freezer

*May contain traces of gluten, peanuts, or tree nuts*



#### BananaNut (PlataNuez)

medjoul dates, **oats**\*, raw **walnuts**\*, banana, chunks of dark chocolate 79% (cocoa paste\*, erythritol\*, cocoa butter\*, defatted cocoa powder\*), ground flax\*, chia\*, vanilla extract, non-refined sea salt

24g, raw, recommended to store 1 week in the refrigerator or 3 months in the freezer

*May contain traces of gluten, sesame, soy, lactose, peanuts, or tree nuts*



#### Carob (Algarroba)

medjoul dates, carob flour\*, **almond** meal\*, shredded coconut\*, sweet orange essential oil\*, water

Options: no coconut

25g, raw, recommended to store 2 weeks in the refrigerator or 3 months in the freezer

*May contain traces of peanuts or tree nuts*



#### Choco-cranberry

medjoul dates, **oats**\*, raw cacao powder\*, cranberries\* (apple juice, sunflower oil)\*, raw **walnuts**\*, coconut oil\*, chocolate nibs\*, cinnamon\*, cloves

25g, cooked, store 2 weeks in an airtight container at room temperature or 3 months in the freezer

*May contain traces of gluten, sesame, soy, peanuts, or other tree nuts*

\*From organic farming

### Choco-protein recovery 31g

<b>Valor energético/calories 113</b>	
<b>Grasas/Total Fat</b>	<b>4g</b>
Saturadas/Saturated Fat	2g
Monounsaturated Fat	1g
<b>Sodio/Sodium</b>	<b>57mg</b>
<b>Potasio/Potassium</b>	<b>131mg</b>
<b>Hidratos de Carbono/Carbohydrate</b>	<b>15g</b>
<b>Fibra/Dietary Fiber</b>	<b>2g</b>
<b>Azúcares /Sugars</b>	<b>9g</b>
<b>Proteínas/Protein</b>	<b>5g</b>

### Choco-coco/Choco-naranja, 25g

<b>Valor energético/calories 104</b>	
<b>Grasas/Total Fat</b>	<b>5g</b>
Saturadas/Saturated Fat	4g
<b>Sodio/Sodium</b>	<b>3mg</b>
<b>Potasio/Potassium</b>	<b>121mg</b>
<b>Hidratos de Carbono/Carbohydrate</b>	<b>15g</b>
<b>Fibra/Dietary Fiber</b>	<b>2g</b>
<b>Azúcares /Sugars</b>	<b>8g</b>
<b>Proteínas/Protein</b>	<b>2g</b>

### Carrot Low-Hist(amina), 25g

<b>Valor energético/calories 104</b>	
<b>Grasas/Total Fat</b>	<b>7g</b>
Saturadas/Saturated Fat	3g
Monounsaturated Fat	1g
<b>Sodio/Sodium</b>	<b>21mg</b>
<b>Potasio/Potassium</b>	<b>34mg</b>
<b>Hidratos de Carbono/Carbohydrate</b>	<b>10g</b>
<b>Fibra/Dietary Fiber</b>	<b>2g</b>
<b>Azúcares/Sugars</b>	<b>1g</b>
<b>Proteínas/Protein</b>	<b>2g</b>

### Choco-cranberry, 25g

<b>Valor energético/calories 89</b>	
<b>Grasas/Total Fat</b>	<b>2g</b>
Saturadas/Saturated Fat	1g
<b>Sodio/Sodium</b>	<b>2mg</b>
<b>Potasio/Potassium</b>	<b>53mg</b>
<b>Hidratos de Carbono/Carbohydrate</b>	<b>16g</b>
<b>Fibra/Dietary Fiber</b>	<b>2g</b>
<b>Azúcares /Sugars</b>	<b>1g</b>
<b>Proteínas/Protein</b>	<b>2g</b>

### Apricot (Albaricoque) 22g

<b>Valor energético/calories 80</b>	
<b>Grasas/Total Fat</b>	<b>4g</b>
Saturadas/Saturated Fat	0g
Monounsaturated Fat	2g
Polyunsaturated Fat	2g
<b>Sodio/Sodium</b>	<b>26mg</b>
<b>Potasio/Potassium</b>	<b>184mg</b>
<b>Hidratos de Carbono/Carbohydrate</b>	<b>10g</b>
<b>Fibra/Dietary Fiber</b>	<b>2g</b>
<b>Azúcares/Sugars</b>	<b>8g</b>
<b>Proteínas/Protein</b>	<b>2g</b>

### Carob (Algarroba) 25g

<b>Valor energético/calories 90</b>	
<b>Grasas/Total Fat</b>	<b>2g</b>
Saturadas/Saturated Fat	0g
<b>Sodio/Sodium</b>	<b>2mg</b>
<b>Potasio/Potassium</b>	<b>123mg</b>
<b>Hidratos de Carbono/Carbohydrate</b>	<b>17g</b>
<b>Fibra/Dietary Fiber</b>	<b>4g</b>
<b>Azúcares/Sugars</b>	<b>12g</b>
<b>Proteínas/Protein</b>	<b>1g</b>

### BananaNut (PlataNuez) 24g

<b>Valor energético/calories 80</b>	
<b>Grasas/Total Fat</b>	<b>4g</b>
Saturadas/Saturated Fat	1g
Polyunsaturated Fat	1g
<b>Sodio/Sodium</b>	<b>2mg</b>
<b>Potasio/Potassium</b>	<b>92mg</b>
<b>Hidratos de Carbono/Carbohydrate</b>	<b>13g</b>
<b>Fibra/Dietary Fiber</b>	<b>2g</b>
<b>Azúcares/Sugars</b>	<b>8g</b>
<b>Polialcoholes/Polyols</b>	<b>1g</b>
<b>Proteínas/Protein</b>	<b>2g</b>

Approximate nutritional information per energy ball