

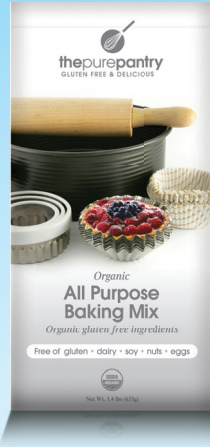


**thepurepantry**  
GLUTEN FREE & DELICIOUS

*Organic Nutritional Facts*



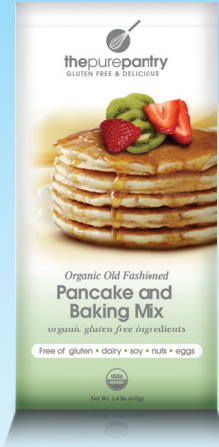
*Organic*  
**Sugar Cookies**



*Organic*  
**All Purpose Baking Mix**



*Organic Buckwheat Flax*  
**Pancake and Baking Mix**



*Organic Old Fashioned*  
**Pancake and Baking Mix**

**Nutritional Facts**

Serving Size 1/20 Pkg (18g)  
Servings Per Container about 20

**Amount Per Serving**

Calories 60      Calories from Fat 0

**% Daily Value\***

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 20mg      1%

Total Carbohydrate 14g      4%

Dietary Fiber 0g      0%

Sugars 5g

Protein <1g

Vitamin A 0%      Vitamin C 0%

Calcium 2%      Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Nutritional Facts**

Serving Size 1/3 cup Mix (40g)  
Servings Per Container about 15

**Amount Per Serving**

Calories 150      Calories from Fat 10

**% Daily Value\***

Total Fat 1g      2%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 280mg      12%

Total Carbohydrate 23g      11%

Dietary Fiber <1g      2%

Sugars 0g

Protein 2g

Vitamin A 0%      Vitamin C 0%

Calcium 2%      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Nutritional Facts**

Serving Size 2 Pancakes (40g) /1.4oz.  
Servings Per Container about 15

**Amount Per Serving**

Calories 110      Calories from Fat 45

**% Daily Value\***

Total Fat 4g      7%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 490mg      20%

Total Carbohydrate 23g      8%

Dietary Fiber 6g      24%

Sugars 2g

Protein 5g

Vitamin A 0%      Vitamin C 0%

Calcium 4%      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Nutritional Facts**

Serving Size 1/3 cup Mix (40g) /2 Pancakes  
Servings Per Container about 15

**Amount Per Serving**

Calories 150      Calories from Fat 10

**% Daily Value\***

Total Fat 1g      2%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 280mg      12%

Total Carbohydrate 33g      11%

Dietary Fiber <1g      2%

Sugars 3g

Protein 2g

Vitamin A 0%      Vitamin C 0%

Calcium 2%      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Nutritional Information  
Typical Values per 100g**

Energy	1363kj/320cal
Protein	3.0g
Carbohydrate	75.0g
Fat	1.0

**INGREDIENTS:** Organic brown rice flour, organic evaporated cane juice, organic white rice flour, organic potato starch flour, organic tapioca flour, xanthan gum, sea salt.



**Nutritional Information  
Typical Values per 100g**

Energy	1553kj/370cal
Protein	6.0g
Carbohydrate	81.0g
Fat	2.0

**INGREDIENTS:** organic brown rice flour, organic white rice flour, organic potato starch flour, organic corn flour, organic tapioca flour, baking soda, aluminum free baking powder, xanthan gum, sea salt.



**Nutritional Information  
Typical Values per 100g**

Energy	1553kj/370cal
Protein	6.0g
Carbohydrate	81.0g
Fat	2.0

**INGREDIENTS:** organic buckwheat flour, organic brown rice flour, organic flax meal, organic white rice flour, aluminum free baking powder, baking soda, salt, xanthan gum.



**Nutritional Information  
Typical Values per 100g**

Energy	1553kj/370cal
Protein	6.0g
Carbohydrate	81.0g
Fat	2.0

**INGREDIENTS:** Proprietary organic flour blend (containing: brown rice flour, white rice flour, corn flour, tapioca flour), baking soda, aluminum free baking powder, xanthan gum, sea salt.



**ALLERGY INFORMATION:** Our products are batch tested for absence of gluten to ensure their purity.

Free of gluten • dairy • soy • nuts • eggs



119 N. El Camino Real, Suite E146, Encinitas, CA 92024  
760-479-2339 | [www.thepurepantry.com](http://www.thepurepantry.com)