

BREAKFAST BLAST

100% whole wheat



Breakfast Blast

This bread truly is a “breakfast blast” - an outstanding way to start your day, with cinnamon chips, dates, and rolled oats all folded into a 100% whole wheat dough.

Serving Ideas:

- Breakfast Blast is truly sublime as buttered toast with your morning coffee!
- Great as an afternoon “pick-me-up” snack!
- This is definitely the loaf to choose for a super-special Peanut Butter and Banana Sandwich (Hail, Elvis!)



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Nutrition Facts

Serving Size 1 slice 1/18 loaf
 1.75oz (50g)
 Servings Per Container About 18

Amount Per Serving

Calories 110 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Sugars 10g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:

Filtered Water, Fresh-ground 100% Whole Wheat Flour, Honey, Dates, Cinnamon Chips (*sugar, palm oil, cinnamon, nonfat dry milk, soy lecithin*), Rolled Oats, Yeast, Salt and Cinnamon.

CONTAINS: WHEAT, MILK AND SOY

*Made in our kitchen
 from scratch-
 (just like homemade)
always!*



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