

CHIA POD.® Oats

Chef created wholefood breakfast: enjoy warm, on the go

**A world first innovation that responds
to growing food trends:**

Nutrition First

Convenience

Dairy Free and Non GMO

Clean Label, transparency and traceability



CHIA POD Oats

Chia Pod Oats combines wholegrain oats with a full serve of sun ripened chia, real fruit and virgin coconut oil. A nutritious, dairy-free 'heat and eat' breakfast.



Banana & Mango



Ingredients

Chia Seed Gel (Filtered Water, Chia Seed), Whole Grain Oats, Banana Puree, Dried Mango, Virgin Coconut Oil, Coconut Sugar

Nutrition Facts Serv. Size: 1 container (220g), Amount Per Serving: **Calories** 290, Fat Cal. 100, **Total Fat** 11g (17% DV), Sat. Fat 6g (30% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV) **Sodium** 11mg (0% DV), **Potassium** 150mg (4% DV), **Total Carb.** 42g (14% DV), Fiber 8g (32% DV), Sugars 13g, **Protein** 8g, Vitamin A (4% DV), Vitamin C (10% DV), Calcium (6% DV), Iron (15% DV). Percent Daily Values are based on a 2,000 calorie diet.



Apple Spice



Ingredients

Chia Seed Gel (Filtered Water, Chia Seed), Whole Grain Oats, Dried Apple, Virgin Coconut Oil, Maple Sugar, Cinnamon, Ginger, Nutmeg

Nutrition Facts Serv. Size: 1 container (220g), Amount Per Serving: **Calories** 270, Fat Cal. 100, **Total Fat** 11g (17% DV), Sat. Fat 6g (30% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV) **Sodium** 7mg (0% DV), **Potassium** 120mg (3% DV), **Total Carb.** 38g (13% DV), Fiber 9g (36% DV), Sugars 9g, **Protein** 8g, Vitamin A (2% DV), Vitamin C (2% DV), Calcium (8% DV), Iron (15% DV). Percent Daily Values are based on a 2,000 calorie diet.



Blueberry & Lemon



Ingredients

Chia Seed Gel (Filtered Water, Chia Seed), Whole Grain Oats, Blueberry Puree, Blueberries, Virgin Coconut Oil, Coconut Sugar

Nutrition Facts Serv. Size: 1 container (220g), Amount Per Serving: **Calories** 290, Fat Cal. 100, **Total Fat** 11g (17% DV), Sat. Fat 5g (25% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV) **Sodium** 12mg (0% DV), **Potassium** 75mg (2% DV), **Total Carb.** 42g (14% DV), Fiber 8g (32% DV), Sugars 14g, **Protein** 8g, Vitamin A (0% DV), Vitamin C (10% DV), Calcium (8% DV), Iron (15% DV). Percent Daily Values are based on a 2,000 calorie diet.



Mixed Berry



Ingredients

Chia Seed Gel (Filtered Water, Chia Seed), Whole Grain Oats, Raspberry Puree, Blackberry Puree, Blueberries, Strawberries, Coconut Sugar

Nutrition Facts Serv. Size: 1 container (220g), Amount Per Serving: **Calories** 270, Fat Cal. 100, **Total Fat** 11g (17% DV), Sat. Fat 5g (25% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV) **Sodium** 10mg (0% DV), **Potassium** 95mg (3% DV), **Total Carb.** 39g (13% DV), Fiber 9g (36% DV), Sugars 11g, **Protein** 8g, Vitamin A (1% DV), Vitamin C (14% DV), Calcium (8% DV), Iron (15% DV). Percent Daily Values are based on a 2,000 calorie diet.



Product Specifications

Unit Size (l x w x h):	7.7oz 3.4 x 5.0 x 1.8
Case Pack:	12
Gross Case Weight (lbs):	6.1 lbs.
Case Dimensions (l x w x h):	15.5 x 7.1 x 4.3
Case Cube (ft):	0.3 ³
TiHi:	15 x 10
Shelf Life (days):	54

