



From the Mountains of Wyoming

100% Natural Granola Blends and Original Recipe
Oatmeal and Pancake & Waffle Mix
Made in Jackson Hole, Wyoming

Bunnery Natural Foods
Natural Foods for Healthy Lifestyles
Jackson Hole, Wyoming
855-472-6652 (855-GRANOLA)
www.bunnerynaturalfoods.com

For Immediate Release

Contact: Skye Morgan
Charles Communications Associates
415.701.9463



Bunnery Natural Foods: The Best in the West

A Family-owned brand that makes 100% Natural Granola Blends, Original Recipe Oatmeal and Pancake & Waffle Mix.

Background: Natural Foods for Healthy Lifestyles

Bunnery Natural Foods, based in Jackson Hole, Wyoming, crafts all-natural, grain-based foods. Four decades ago, in a log cabin near Yellowstone National Park, The Bunnery started making natural baked goods to sustain the sportsmen drawn to the outdoor demands of the West, such as fly-fishing and extreme couloir skiing. Their natural foods enterprise grew out of this thriving local restaurant and gathering spot founded in 1975. The guiding philosophy has always been to provide their guests and clients, many of whom are skiers, hikers and outdoor athletes, as well as the occasional celebrity, with wholesome, healthful and deliciously satisfying foods made from the freshest, highest quality ingredients. They source as many of their ingredients as possible from local producers.

Bunnery Natural Foods granola blends and trademarked oats-sunflower seed-millet (O.S.M) products are made from original recipes that have remained largely unchanged since the bakery's beginnings. The Yvernault family purchased The Bunnery in 1990 without initially thinking of a restaurant and baked goods business reaching beyond the local market. The modifications they made to the original granola recipe, created by the first owner, were put into practice four years ago to balance its taste profile without fundamentally changing ingredients or composition. As time went on and demand developed on the part of their restaurant clientele for them to offer a few popular take-home items, they created an initial package and sold their granola, oatmeal and pancake and waffle mix along with their bakery items in the restaurant. Once they began to also sell these items to local grocers, not seizing the opportunity to develop them further seemed like passing by a wider open door.

Famous for its stunning natural beauty, Bunnery Natural Foods' home of Jackson Hole, Wyoming is a paradise for skiers, hikers and outdoor enthusiasts. For many who stop by The Bunnery, breakfast is not just the start to a day, but the start to a day of physically demanding sports. Thus the focus was not just on delicious food, but on healthful, natural

ingredients. Their primary client is fit, health-conscious and very selective with respect to dietary choices, balancing the nutritional assets with taste and freshness. The products are crafted to meet the demands of fitness enthusiasts, athletes, sportsmen and women, natural and organic food consumers, vegetarians and nutrition-aware parents for whom family diet is paramount. Bunnery Natural Foods happen to satisfy even the armchair athletes if that is their proclivity.

The new granola recipes were developed in 2009 and perfected in 2010 after researching nationally and regionally available granola brands and tasting them in comparison with their own original granola. Since that time, they have refined their original granola and developed new flavors as well. They were determined to be our own harshest critic, and went through numerous versions of our new recipes before bringing them to market, always with natural, healthful ingredients foremost. Concurrently, they developed new packaging that they feel competes more effectively with existing brands and will be able to grow with our line of products.

Today, Bunnery Natural Foods offers six packaged products: the Original Granola, Banana Honey-Nut Granola, Blueberry Granola, Cranberry-Nut Vanilla Granola, O.S.M. Oatmeal and the O.S.M. Pancake & Waffle Mix. For more information, please visit www.bunnerynaturalfoods.com.

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Nutritional Information

A Health Driven Brand:

Bunnery Natural Foods balances minimal sweeteners with natural flavorings, low moisture fruits and select, first-quality nuts to deliver impeccably bright, robust flavors. Canola oil, a monounsaturated lipid which lowers LDL (low-density, harmful cholesterol) without reducing the beneficial HDL (high-density, beneficial cholesterol) and is the only source of added fat in Bunnery Natural Foods products. Most ingredients are sourced domestically and, when possible, from local Wyoming producers.

Bunnery Natural Foods blends have been created to provide a wealth of essential and beneficial nutrients from minimally processed ingredients, without preservatives or artificial additives, and each product is an excellent source of heart-healthy dietary fiber.

Bunnery Natural Foods Health Facts:

- High in natural dietary fiber
- High in protective antioxidants
- Rich in calcium, iron and other minerals essential to optimum health
- Rich in beneficial microelements
- Fruit blends provide vitamin C, potassium, anthocyanins and polyphenols
- Nut blends contribute important dietary vitamin E, magnesium and selenium
- Low in sodium
- Zero trans fats and zero cholesterol
- No artificial ingredients or preservatives



Bio: Gérard Yvernault, Owner of Bunnery Natural Foods

Native to Paris, Gérard Yvernault graduated college with a degree in Philosophy and entered the Lausanne School of Hotel Management in Switzerland with supplementary course work in the wines of Europe. Upon earning his management degree, he completed his training in Burgundy, Bordeaux and Champagne to refine his understanding of viticulture and viniculture. Early positions in food and beverage with Holland-America Lines, The Grand Hotel in Stockholm and the Hôtel de Crillon in Paris broadened his experience and perspective.



In 1963, he left France for the United States and joined Kobrand Corporation, an elite wine and spirits importer, as a sales representative in New York. He was soon promoted to state manager of California and Nevada and was called back to the New York corporate office in 1972 to assume the position of National Sales Manager of Kobrand's Wine division. In 1976, he was named Vice President of the Wine Division and five years later, Senior Vice President responsible for purchasing and marketing of Kobrand's international line of wines.

From its founding in 1944, Kobrand's business was dominated by its representation of Beefeater Gin. When in 1985, James Burroughs, Ltd., owner of the brand, was purchased by a direct competitor of Kobrand, the company's revenues were halved. Gérard Yvernault was instrumental in resuscitating the firm through the discovery and development of Alizé; and acquisition of high profile agency brands such as Sassicaia, Taylor, Fladgate & Yeatman, Fonseca-Guimaraens, Cakebread Cellars, Benziger Family Winery and Joseph Phelps Winery. In his subsequent capacity as Executive Vice President and Director of Strategic Development and International Sales, he created an international distribution network for Alizé and the firm's California brands reaching twenty-four markets from Central America to the Far East.

A few winter family vacations in Jackson Hole, Wyoming worked their magic on him, and in 1989 Gérard and his wife Dominique purchased The Bunnery, a popular Jackson restaurant and bakery established in 1975. The Bunnery's trademarked O.S.M. products and all-natural granola, created at the restaurant's inception, provided the perfect foundation for Bunnery

Natural Foods. Since formally leaving the wine trade in 2009, Gérard Yverault has devoted his skill and experience to refining and developing Bunnery Natural Foods products.

Gérard Yvernault has served as Chairman of the Champagne and Sparkling Wine Committee of the National Association of Beverage Importers; Member of the Board of Directors of VinExpo; and Member of the Board of Directors of VinExpo Asia. For eight years he served as Co-Chairman of the Jackson Hole Wine Auction, and is former President of the Sommelier Society of America and of the Lausanne School of Hotel Mangement in the United States. He is also a member of the Confrérie des Chevaliers du Tastevin, of the Commanderie de Bontemps de Bordeaux and is Honorary Conseiller Gastronomique of the Chaîne des Rôtisseurs. In 1992, he was distinguished by the French government with the honor of the Ordre de Mérite Agricole.

Highly respected in the wine and spirits industry, he continues to be independently active through his many contacts throughout the world. He resides in Jackson Hole, Wyoming, with his family members.

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Original Granola

Since the original bakery was transformed into the Bunnery Bakery and Restaurant five years after its founding in 1975, our granola has been a breakfast mainstay. The recipe has changed little from that time. Based on rolled oats, with almonds, sesame and sunflower seeds to add flavorful crunch and a touch of honey and cloves to round it out, this simple, 100 percent natural blend provides an abundance of nutrition.



Oats are among the most healthful of grains. Beta-glucan, a fiber unique to oat products, has long been known to be a powerful agent in lowering serum cholesterol, thereby reducing risk of coronary heart disease and cardiovascular disease. In concert with magnesium, a mineral in which oats are rich, beta-glucan also regulates the body's use of glucose and secretion of insulin.

Compounds called avenanthramides, found only in oat products, are highly protective against LDL cholesterol damage from free radicals, and even more so when combined with vitamin C. Selenium, a trace mineral abundant in oats as well as in nuts and seeds, is important in DNA repair, a cancer-protective process. Add to this a respectable dose of protein, nine minerals, six vitamins and eighteen amino acids, and oats are a diet powerhouse.

Our irresistible version of this favorite mix makes a satisfying, healthy dish folded into yogurt, fresh fruit or warmed with dairy or soy milk. Of course, it's also great by the handful, as our skier and hiker devotees will tell you. Blended from oats, coconut, sunflower seeds, walnuts and almonds, and sweetened with a touch of wildflower honey, it's a great pick-me-up or snack when you need one.

Calories Per 1 oz. Serving: 120

Calories from fat: 60

	% Daily Value*
Total fat 7g	10%
Saturated fat 1.5g	6%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total carbohydrate 14g	5%
Dietary fiber 2g	8%
Sugars 5g	Protein 3g
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

INGREDIENTS: Oats, Honey, Sunflower Seeds, Coconut, Canola Oil, Sesame Seeds, Walnuts, Water, Almonds, Salt, Cinnamon, Cloves

MSRP: \$5.99 — \$6.99

Banana Honey-Nut Granola

The rich toasty, flavors of our Original Granola seemed like a perfect match for bananas when we began to think about a new, all natural Bunnery Granola, and a little extra honey was a natural addition to boost this tropical fruit's lusciousness. Bunnery Natural Foods Banana Honey-Nut Granola has become one of our granola aficionados' favorites.



The largest of all herbaceous flowering plants, bananas are an exceptionally healthful food. At 110 calories, an average banana contains one sixth the daily requirement of Vitamin C, one fifth that of Vitamin B6, and abundant doses of Niacin, Riboflavin, Thiamine and a dash of folic acid. High in Magnesium and Calcium with trace iron, zinc and protein content, an average banana provides four grams of dietary fiber and 25 grams of carbohydrate. Most significant, however, is the banana's richness in potassium. At 400 mg, a medium banana supplies ten percent of that mineral's daily recommended value.

Potassium regulates muscle contraction, including the smooth muscles, and suppresses excretion of calcium, reducing risk of osteoporosis and kidney stones, and aids in maintenance of electrolyte balance. Bananas also contain small amounts of tryptophan, which the body does not produce on its own. In concert with Vitamin B6, tryptophan produces serotonin, a key mood regulator.

Calories per 1 oz. serving: 120

Calories from fat 50

	% Daily Value*
Total fat 6g	10%
Saturated fat 1g	6%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total carbohydrate 14g	5%
Dietary fiber 2g	8%
Sugars 5g	Protein 3g
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

INGREDIENTS: Oats, Honey, Brown Rice Syrup, Sunflower Seeds, Coconut, Canola Oil, Sesame Seeds, Almonds, Water, Walnuts, Dehydrated Bananas, Natural Flavor, Salt, Cinnamon, Cloves

Bananas are the single richest food source of potassium, a mineral essential to neural function, renal health and stable bone density through prevention of calcium loss. They also boost the abundant fiber content of our granola, and with a bit of extra honey and nuts, add up to deliciously healthy blend that will make you think twice how you make your next banana split.

MSRP: \$5.99 — \$6.99

Blueberry Granola

The Bunnery Original Granola recipe is our own classic, 100 percent natural blend, and it has changed little since it was first created in 1975. We've always put fruits of the season with it when it's on our breakfast table. Blueberry Granola is our first granola with fruit.

Blueberries are an extremely healthful fruit. High in fiber, they help to regulate cholesterol and regularity. They have a higher percentage of cancer preventive antioxidants than most other fruits and vegetables, and are abundant in vitamin C, vital to collagen formation, vascular health and iron absorption. A cup of blueberries provides fourteen percent of daily fiber and a quarter of vitamin C in only eighty-four calories. They are a rich source of vitamin A, zinc, potassium, iron, calcium and magnesium, which regulate vascular function, blood pressure, neural health for brain function and memory; bone strength and prevention of urinary tract infection.

Bunnery Natural Foods Blueberry Granola contains all natural, low-moisture blueberries, processed by freezing and slowly removing the moisture. Water content is then partially replaced by a small amount of all-natural sweetener, resulting in a shelf-stable, moist, sweet and deliciously flavorful berry.

Our first fruit-enriched granola, this blend stars America's favorite berry, a source of vitamin C, cancer-preventive antioxidants and beneficial anthocyanins rivaled by few other foods. Research points toward the blueberry's protective role in preservation of eyesight and mental acuity, making it the perfect brain activator to start off a long, busy day and keep it going strong.



Calories per 1 oz. serving: 120

Calories from fat: 50

	% Daily Value*
Total fat 6g	9%
Saturated fat 1g	5%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total carbohydrate 15g	5%
Dietary fiber 2g	8%
Sugars 4g	Protein 3g
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

INGREDIENTS: Oats, Brown Rice Syrup, Sunflower Seeds, Canola Oil, Coconut, Sesame Seeds, Blueberries, Water, Almonds, Natural Flavor, Salt, Cinnamon, Cloves

MSRP: \$5.99 — \$6.99

Cranberry Nut-Vanilla Granola

We think of Bunnery Original Granola as a very American product, and of cranberries as a very American fruit. As last autumn approached, it occurred to us that adding cranberries to it would make a delicious all natural blend.

Cranberries are a remarkable source of unique health benefits. A cup provides a fifth of daily fiber and a quarter of vitamin C with only fifty-one calories. They are a concentrated source of antioxidants, proven to be cancer-preventive and protective against heart disease, impaired cognition and other diseases caused by free-radical damage. They are rich in flavonoids and polyphenols that inhibit oxidation of LDL cholesterol that results in risk of atherosclerosis.

Cranberries have unique compounds called proanthocyanidins that inhibit urinary tract infections by preventing bacteria from adhering to tissues, including E. coli bacteria. This anti-adhesion activity has more recently been thought to work in the same way in other areas of the body, including inhibition of gastric ulcers, periodontal disease and dental plaque.

Bunnery Natural Foods Cranberry Nut-Vanilla Granola contains all natural, low-moisture cranberries, processed by freezing the berries and slowly removing the moisture. Water content is then partially replaced by an all-natural sweetener, resulting in a shelf-stable, moist, sweet and deliciously flavorful berry.



Calories per 1 oz. serving: 120

Calories from fat 50

	% Daily Value*
Total fat 6g	9%
Saturated fat 1g	6%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total carbohydrate 14g	5%
Dietary fiber 2g	8%
Sugars 5g	Protein 3g
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

INGREDIENTS: Oats, Honey, Brown Rice Syrup, Coconut, Sunflower Seeds, Canola Oil, Sesame Seeds, Almonds, Water, Walnuts, Cranberries, Vanilla Extract, Salt, Cinnamon, Cloves

After we created our all-American blueberry granola, all-American cranberry granola was a natural. Cranberries are a delicious nutritional powerhouse. and with a little vanilla to round the fruit's bright tartness, we've created a granola blend that's uniquely ours.

MSRP: \$5.99 — \$6.99

O.S.M. Oatmeal

When The Bunnery became the breakfast destination of Jackson Hole, it seemed unthinkable for it not to have its own hot cereal. Our winning O.S.M. formula was a natural idea for a nutritious version of oatmeal enhanced by toasty oat bran, cracked wheat, wheat bran, millet and sunflower seeds.

Millet is an exceptionally healthy grain, with a protein content of twelve percent, fiber content of nine percent and many beneficial nutrients. It is high in niacin, thiamin, riboflavin, vitamin E, lecithin, folate and methionine, an essential amino acid. It is rich in iron, magnesium, phosphorous, potassium, zinc, copper, manganese, selenium and various antioxidative phytochemicals.

Gluten-free, it is the most easily assimilated and least allergenic of grains. Its high magnesium content aids in reduction of high blood pressure, lowering the risk of heart attack and stroke, and with niacin aids in reducing cholesterol. It is a significant factor in regulation of the body's use of glucose and insulin, inhibiting risk of type 2 diabetes. Magnesium also mitigates symptoms of asthma and to reduces the incidence of migraine headaches. Millet's two primary phytochemicals, phytic acid and phytate, are linked to lowered cholesterol and lessened risk of cancer.

There's no more warming or fortifying way to start the day than our O.S.M. oatmeal. In only a minute from bag to bowl, it's ready for a splash of milk, a spoonful of sugar or honey and a scattering of your favorite fresh or dried fruit. Made with oats, cracked wheat, oat bran, wheat bran, millet and sunflower seeds, O.S.M. Oatmeal is the genuine breakfast of Jackson Hole champions.

MSRP: \$5.49 — \$5.99



Calories per 2 oz. serving: 180

	% Daily Value*
Calories from fat: 40	
Total fat 4.5g	7%
Saturated fat 0.5g	4%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 105mg	4%
Total carbohydrate 33g	11%
Dietary fiber 5g	21%
Sugars 1g	Protein 8g
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

INGREDIENTS: Oats, Cracked Wheat, Oat Bran, Wheat Bran, Millet, Sunflower Seeds

O.S.M. Pancake & Waffle Mix

Our O.S.M. products started with a wonderful bread, which we still make at The Bunnery, called Oatmeal Sunflower Millet Bread. It was such a favorite that we decided something so delicious shouldn't be confined to just one item. For our all natural pancake and waffle mix, we blend whole wheat flour, oats, oat bran, millet and cracked wheat, and add lots of sunflower seeds for their robust, nutty flavor and texture. Our O.S.M. Pancakes & Waffles are a hearty start to the day.

Vitamin E is the body's most important fat soluble antioxidant, critical to immune system function and reduction of inflammation. Phytosterols, a group of plant compounds, act in harmony with vitamin E, reducing blood cholesterol and enhancing immune system responsiveness. Sunflower seeds are among the richest seed sources of phytosterols, and they are also rich in selenium, a powerful antioxidant and cancer preventive trace element.

Sunflower seeds are also rich in magnesium, an essential mineral important in reducing high blood pressure and vital to bone formation and regulation of nerve and muscle tone. In this role as an anti-spasmodic, it calms asthma symptoms, mitigates migraines and prevents muscle cramps and fatigue. Four tablespoons of sunflower seeds provide a third of the body's daily requirement of both magnesium and selenium and 90 percent of daily vitamin E.



Calories per 2 oz. Serving: 190

	% Daily Value*
Calories from fat: 30	
Total fat 3g	5%
Saturated fat 0g	0%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 380mg	16%
Total carbohydrate 37g	12%
Dietary fiber 5g	21%
Sugars 3g	Protein 7g
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 15%

INGREDIENTS: Wheat Flour, Oats, Cracked Wheat, Sunflower Seeds, Millet, Baking Powder, Brown Sugar, All-Purpose Flour, Wheat Bran

The Bunnery's O.S.M. pancakes and waffles are among Jackson's favorite breakfasts, bursting with nutty flavor and texture. Delicious with all the classic accompaniments, try them later in the day as a raft for chipped beef or creamed chicken. Wheat flour, oats, cracked wheat, sunflower seeds, millet and bran set them way apart from the ordinary in taste and nutrition.

MSRP: \$5.49 — \$5.99

Wild Blueberry Pancake & Waffle Mix

with oats, sunflower seeds & millet



When we noticed how popular the blueberry pancakes we serve at The Bunnery, our Jackson Hole restaurant, are, it didn't take too long to connect the dots, and Wild Blueberry Pancake & Waffle began to take shape. High in fiber, vitamins and essential microelements, it's a perfect start to any day.

Blueberries are an extremely healthful fruit. With a higher percentage of cancer preventive antioxidants than most other fruits and vegetables, they are also one of the fruits most abundant in vitamin C, vital to collagen formation and vascular health. One cup of blueberries, or about five ounces, provides fourteen percent of recommended daily fiber and nearly a quarter of recommended vitamin C in only eighty-four calories. They are also a rich source of vitamin A, zinc, potassium, iron, calcium and magnesium, each of which benefits various body regulatory systems.

Bunnery Natural Foods Wild Blueberry Pancake & Waffle Mix contains all natural blueberries processed by a method called "low moisture." The berries are frozen and the moisture slowly removed, and the water content is then partially replaced by a small amount of all-natural sweetener. This results in a shelf-stable, moist, sweet and deliciously flavorful berry that compliments the rich, nutty flavors of our original O.S.M. Pancake & Waffle Mix.

Calories per 2 oz. serving: 190

Calories from fat: 20

	% Daily Value*
Total fat 2.5g	4%
Saturated fat 0g	0%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 350mg	15%
Total carbohydrate 38g	13%
Dietary fiber 4g	17%
Sugars 4g	Protein 6g
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 15%

INGREDIENTS: Wheat Flour, Flour, Oats, Cracked Wheat, Wheat Bran, Baking Powder, Blueberries, Brown Sugar, Sunflower Seeds, Millet, Natural Flavor

When we introduced Bunnery Natural Foods Blueberry Granola, we hardly suspected it would become our best selling granola blend. Based on our original O.S.M. recipe, Wild Blueberry soon became our first pancake and waffle mix incorporating low-moisture fruit. This healthful, deliciously satisfying blend comes together with America's favorite berry in our own nutrition-packed version of a breakfast classic.

MSRP: \$5.99 — \$6.49

Double Chocolate Pancake & Waffle Mix

with oats, sunflower seeds & millet



Nobody doesn't like chocolate in some form, as we've seen from our wildly popular chocolate chip cookies at The Bunnery. As research turns up a growing list of chocolate's positive attributes, it made sense to look for the perfect way to incorporate chocolate into a new Bunnery Natural Foods product.

Flavonoids are protective antioxidant compounds that prevent damage and inflammation from free radicals and formation of increased LDL cholesterol. These, respectively, can lead to cancer and arterial disease. Flavanols are a flavonoid present in cocoa and chocolate that also lower blood pressure, improve circulation and lower cholesterol. Dark chocolate and non-Dutch processed cocoa preserve the highest flavanol content.

Cocoa butter consists of one third oleic acid, the beneficial monounsaturated fat also present in olive oil that raises HDL cholesterol. Theobromide, a major component in cocoa, prevents tooth decay by killing a specific oral bacterium. Cocoa is also high in magnesium, a mineral that regulates digestion and cardiovascular health. Epicatechin, a chemical present in chocolate, has been found to improve memory and shield the brain from stroke damage. Finally, chocolate stimulates production of endorphins, the brain chemical responsible for feelings of happiness and pleasure, and also contains serotonin, a natural anti-depressant.

Calories per 2 oz. Serving: 180

Calories from fat: 30

	% Daily Value*
Total fat 3.5g	5%
Saturated fat 1g	5%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 340mg	14%
Total carbohydrate 37g	12%
Dietary fiber 5g	19%
Sugars 5g	Protein 6g
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 15%

INGREDIENTS: Wheat Flour, Oats, Chocolate Chips (sugar, chocolate liquor, cocoa butter, soya lethicin, vanilla extract), Cracked Wheat, Wheat Bran, Baking Powder, Brown Sugar, Sunflower Seeds, Millet, Cocoa Powder

Our tasting panel of chocoholics were tough critics, but we finally won them over with Double Chocolate Pancake & Waffle Mix, made with minimally processed Caillebaut dark chocolate chips and based on our original O.S.M. recipe. The nutty, toasty goodness of oats, sunflower seeds and millet blends deliciously with chocolate chips and a dusting of cocoa. Why limit them to breakfast? With a scoop of ice cream, they look like dessert to us.

MSRP: \$5.99 — \$6.49

Coconut-Vanilla Pancake & Waffle Mix

with oats, sunflower seeds & millet



All Bunnery Natural Foods granola recipes are unique blends, and one of the ingredients that sets them apart is a healthy dose of coconut. Combined with the toasty heartiness of oatmeal, sunflower seeds and millet on which our original O.S.M. recipe is based, this pancake and waffle mix makes for a refreshing variation on one of America's most beloved breakfast foods.

Coconut is referred to as a "functional food" due to the health benefits it offers. Rich in fiber, one ounce contains 187 calories, or 28% of the daily value of fat, two percent daily value of carbohydrate, a fifth of recommended daily fiber and five percent of daily iron, with small amounts of protein and natural sugar. Coconut also delivers significant amounts of potassium, phosphorus, magnesium, calcium, iron, zinc and trace amounts of numerous vitamins. Although coconut oil is primarily saturated fat, when unhydrogenated, it is an extremely healthy fat due to its triglyceride structure.

In protection against disease, coconut may kill viruses, bacteria, fungi and parasites that cause numerous problems from STDs to tapeworms. It improves nutrient absorption and regulates insulin and blood glucose in diabetics, benefits thyroid function, tissue repair, inflammation and symptoms of Crohn's disease and ulcers. It also has antioxidant properties and aids in weight loss by boosting metabolic rate.

We have always loved coconut's chewy hint of nutty sweetness, so we created a starring role for it. Coconut explodes in a burst of flavor when baked in a pancake or waffle, and vanilla points up its exotic tropical flavor. This gets our vote for the breakfast of champions, whether surfing the waves or the snow. Try this delicious mix with fresh fruit or fruit syrup for a day full of island sunshine.

Calories per 2 oz. serving: 190

Calories from fat: 30

	% Daily Value*
Total fat 3.5g	5%
Saturated fat 1g	5%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 350mg	14%
Total carbohydrate 36g	12%
Dietary fiber 4g	18%
Sugars 4g	Protein 6g
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 15%

INGREDIENTS: Wheat Flour, Flour, Oats, Cracked Wheat, Wheat Bran, Baking Powder, Coconut, Brown Sugar, Sunflower Seeds, Millet, Natural Flavor

MSRP: \$5.99 — \$6.49



**Bunnery Natural Foods: The Natural Beauty of
Jackson Hole, Wyoming**



Photo: Summer day at The Bunnery in Jackson Hole, WY.



Photo: Wildflowers at the base of the Grand Teton Mountains.



Photo: Jackson Hole is the epitome of natural beauty.



Photo: The magnificent Grand Teton Mountains that surround Jackson Hole, WY.

www.bunnerynaturalfoods.com



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