

## Date-Nut Pop'ems

### Dr. Fuhrman's Date-Nut Pop'ems

Your family won't be able to stop eating these delicious date-nut balls. They are a real treat and a healthy source of Omega-3 fats. These bite size balls are great for breakfast, a treat with lunch or a healthy snack. They are sure to satisfy everyone's sweet tooth!

All of Dr. Fuhrman's *Date-Nut Pop'ems* are made by combining a mixture of ground raw nuts and seeds with raw, organic dates.

Apples and cinnamon give the *Apple-Cinnamon Pop'ems* a perfect blend of flavor that is sure to please.

The *Chocolate Brownie Pop'ems* are sinfully delicious and contain the natural goodness and antioxidant-richness of raw cocoa powder without the addition of refined sugar, dairy, or saturated fats.

Try All Three Tasty Flavors:



*Chocolate Brownie*

*Original    Apple-Cinnamon*

Nuts and seeds are nature's perfect food.

Dr. Fuhrman recommends getting your healthy fats from raw nuts and seeds.

***Dr. Fuhrman's Pop'ems are Naturally High in Omega-3 Fats***

## Date-Nut Pop'ems

<b>Nutrition Facts</b>						
Serving Size: 2 pieces						
Servings Per Container: 16						
	<b>Original</b>		<b>Apple-Cinnamon</b>		<b>Chocolate Brownie</b>	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	100		90		90	
Calories from Fat	40		40		30	
Total Fat	5g	7%	4.5	7%	3.5g	7%
Saturated Fat	1g	4%	0.5g	3%	0.5g	3%
Cholesterol	0mg	0%	0.0mg	0%	0.0mg	0%
Sodium	0mg	0%	0mg	0%	0mg	0%
Total Carbohydrate	14g	4%	14g	5%	15g	5%
Dietary Fiber	2g	7%	2g	8%	2g	8%
Sugar	10g		10g		10g	
Protein	2.2g		2g		2g	
* Daily value not established. Gluten free.						

### Ingredients:

#### Original Pop'ems

(All Raw) Organic Dates, Cashews, Almonds, Walnuts, Sunflower Seeds, Flax Seeds

#### Chocolate Brownie Pop'ems

(All Raw) Organic Dates, Cashews, Almonds, Walnuts, Sunflower Seeds, Flax Seeds, All Natural Cocoa Powder, Pure Vanilla Extract

#### Apple-Cinnamon Pop'ems

(All Raw) Organic Dates, Cashews, Apples, Almonds, Walnuts, Sunflower Seeds, Cinnamon, Flax Seeds