

Enjoy Life with...

# Sweet Abandon

# Nutrition Facts

**Just 160 Calories Each**  
**Good Source of Protein**  
**Low-Glycemic**  
**Only 18g - 23g of Carbs**  
**No Trans Fat**  
**No Hydrogenated Oil**  
**Nothing Artificial**

The Only All-Natural Snack Cake



## Chocolate

### Nutrition Facts

Serving Size 1 cake (55g)  
 Servings Per Container 1

Amount Per Serving

**Calories 160**

Calories from Fat 50

% Daily Value\*

<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 289mg	<b>12%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 19g	
<b>Protein</b> 7g	<b>14%</b>

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

\* 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
Protein	50g	65g

## Banana Pecan

### Nutrition Facts

Serving Size 1 cake (55g)  
 Servings Per Container 1

Amount Per Serving

**Calories 160**

Calories from Fat 50

% Daily Value\*

<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 12g	
<b>Protein</b> 9g	<b>18%</b>

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 6%

\* 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
Protein	50g	65g

## Lemon Poppy Seed

### Nutrition Facts

Serving Size 1 cake (55g)  
 Servings Per Container 1

Amount Per Serving

**Calories 160**

Calories from Fat 50

% Daily Value\*

<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 12g	
<b>Protein</b> 9g	<b>18%</b>

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 6%

\* 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
Protein	50g	65g

## Carrot Walnut

### Nutrition Facts

Serving Size 1 cake (55g)  
 Servings Per Container 1

Amount Per Serving

**Calories 160**

Calories from Fat 50

% Daily Value\*

<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 280mg	<b>9%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 12g	
<b>Protein</b> 9g	<b>18%</b>

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 6%

\* 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
Protein	50g	65g