



Okanagan**RAWSOME**
Living Whole Foods

Convenient
Concentrated
Nutrition!





OkanaganRAWSOME

Living Whole Foods



Okanagan Rawsome is a proud farm to fork business created by Afke Zonderland and her daughter Anna.

Okanagan Rawsome produces nutrient-dense and delicious Crisps! These Crisps are loaded with local produce and the life-force of sprouted seeds. They are gently dehydrated at low temperatures preserving their nutritional integrity.

Not only does a Rawsome Crisp meet a variety of dietary needs, but they also provide convenient, concentrated nutrition. Okanagan Rawsome has found a way to turn local farm food into fast food without compromising on ingredients, taste, or nutritional density!



Nutrition Facts

Valeur nutritive

Serving Size / Portion 1 Crisp (15g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 37	
Total Fat / Lipides 2g	3%
Saturated / saturés 0g	1%
Trans / trans 0g	
Cholesterol / Cholestérol 0mg	0%
Sodium / Sodium 16mg	1%
Carbohydrate / Glucides 4g	1%
Dietary Fiber / Fibres 2g	5%
Sugars / Sucres 1g	
Protein / Protéines 1g	
Vitamin A / Vitamine A	9%
Vitamin C / Vitamine C	1%
Calcium / Calcium	1%
Iron / Fer	2%

Ingredients

*Local Veggies (carrots, onions, beets), *ground flax seeds, *sprouted buckwheat, *sprouted sunflower seeds, *sprouted lentils, onion powder, oregano, garlic powder, *sea salt, cumin. *Denotes organic ingredients.

Shelf Life: 6 months
Unit Weight: 140 grams
Box Size:
3.5" w x 2.75" d x 6" h
Case Size: 12 units



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What's in a Crisp?



Gluten Free | Vegan | Keto-Friendly | Raw

Organic Ingredients
No Refined Sugars & Low-Glycemic
Dehydrated at low temperatures

