

## We wish you Sheffa!

**S**heffa is an ancient word for *abundance*. It's also the sublime energy that moves through all creation, Earth-supporting and nourishing, giving in a boundless flow to all beings. *Sheffa* is what food should be—a wealth of enjoyment and sustenance.

Our mission is to bring you foods with an abundance of delicious, authentic flavor as well as vital energy. We start with the finest ingredients available—whole, unprocessed, natural foods—then skillfully blend them to create an exceptional balance of flavors, textures, and essential nutrients. We want you to love the food that loves you back.

NATURAL WHOLE FOOD INGREDIENTS

**VEGAN • WHEAT FREE • GLUTEN FREE • KOSHER • NO GMO • NO TRANS FAT • NO CHOLESTROL**

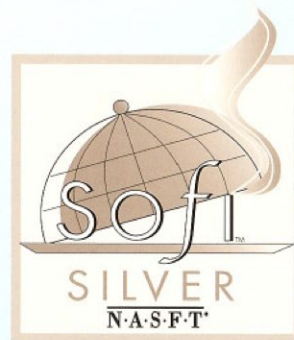
### MEDITERRANEAN SALAD SPRINKLES

*Lightly seasoned roasted almonds and cashews with toasted soybeans, chickpeas and seeds, deliciously rich in protein and nutrients*

*A versatile source of complete protein for green salads, vegetables and pastas*

Ingredients: Sunflower seeds, soybeans, chickpeas, pumpkin seeds, cashews, almonds, sesame seeds, spices and sea salt.

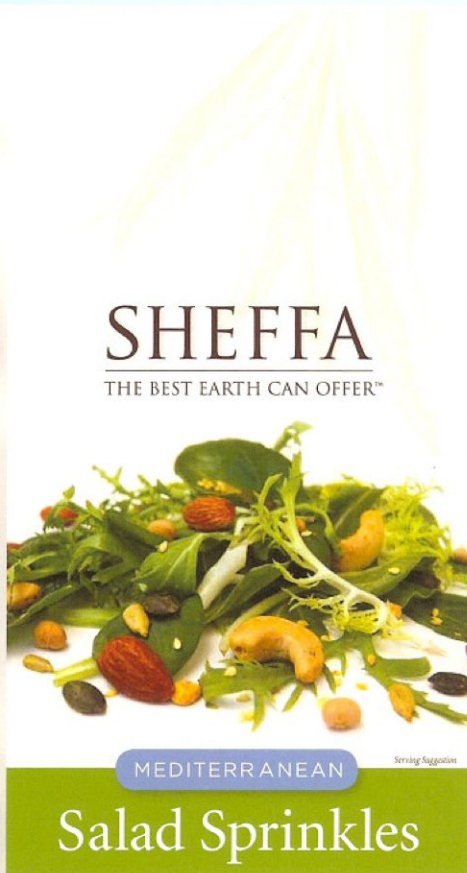
Nutrition Facts	
Serving Size 1oz. (28g)	
Servings Per Container 7	
Amount Per Serving	
<b>Calories</b> 145	Calories From Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.3g	<b>7%</b>
Trans Fat 0g	
Unsaturated Fat 8.7g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%
*Percent Daily Values based on a 2,000 calorie diet.	



2008 Outstanding  
New Product

7 OZ / 12 UNITS PER CASE  
SKU: 856647001791

1 OZ / 80 UNITS PER CASE  
SKU: 856647001999



*Lightly seasoned roasted almonds and cashews with toasted soybeans, chickpeas and seeds, deliciously rich in nutrients*

Real Food • NET WT. 7 oz. (198 g) • Simply Natural

Other Sheffa Products: • Sweet Snack Mix • Tasty Snack Mix • Zesty Snack Mix • Spicy Snack Mix