

10 REASONS TO LOVE ME

1

Wholefood ingredients, 100% organic, natural and wholesome for you and the planet.

2

I have run the extra mile — 100% Vegan and Soil Association Organic certified to guarantee quality.

3

Minimal processing, using wholefood ingredients so all my naturalness is retained.

4

I am sweet, but naturally so! Using ingredients known for their prebiotic & low or zero carbohydrate values.

5

All my ingredients are free from gluten, grain, soy, oats, dairy & wheat. Great for those on a keto, paleo, or vegan diet & all those just wanting some healthy nosh.

6

Nuts & seeds are activated by soaking and dehydrating, just like in nature does come alive with rain.

7

Look at what's in me, I am not puffed up with cheap ingredients & empty nutrition. I am protein & fibre rich, and no whey Jose!

8

No added nasties, No preservatives, colourings, or artificial ingredients and no palm oil! (Please help protect our Orangutan cousins!)

9

All my packaging is fully recyclable, using post recycled board and vegetable dyes. Not just good for you, good for the planet too.

10

A percentage of sales from each box goes towards helping my mountain friends in the Congo and Rwanda...

Oh and we taste delicious!

Raw Gorilla

144 All Saints Avenue

Margate, CT9 5TQ

hello@rawgorilla.co.uk

the gorilla organization

Gorillas are our inspiration – we support this charity which fights to keep Mountain Gorilla's from extinction. www.gorillas.org

Follow me into the digital jungle

www.rawgorilla.co.uk

Follow us @rawgorilla

86-88-01

EU Non-EU Agriculture

MADE IN THE EU

vegan

Made with 100% recycled board (we love trees!) Be more gorilla, recycle everything

Produced for

Raw Food

Garden Ltd.

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HEY... WHY ARE YOU LOOKING AT MY BOTTOM?!

ingredients

All our nuts & seeds are Activated.

All our Ingredients are Organic.

(GB) Ingredients: Sunflower seeds, peanut butter (18.8%), Prebiotic Fibre (Oligofructose), coconut chips, pumpkin seeds, flaxseeds, cacao powder (4%), lucuma, sea salt. Store in a cool dry place and consume within 1 month after opening.

(DE) Zutaten: Sonnenblumenkerne, Erdnussbutter (18.8 %), Oligofructose, Kokoschips, Kürbiskerne, Leinsamen, Kakaoapulver (4 %), Lucuma, Meersalz. An einem kühlen, trockenen Ort aufbewahren und innerhalb von 1 Monat nach dem Öffnen verbrauchen.

(FR) Ingrédients : Graines de tournesol, beurre de cacahuète (18.8%), oligofructose, chips de noix de coco, graines de courge, graines de lin, poudre de cacao (4%), lucuma, sel marin. À conserver dans un endroit frais et sec et à consommer dans le mois après ouverture.

(NL) Ingrediënten: Zonnebloempitten, pindaolie (18.8%), oligofructose, kokoschips, pompoenpitten, linzaal, cacaopoeier (4%), lucuma, zeezout. Koel en droog bewaren en na opening binnen 1 maand consumeren.

(SE) Ingredienser: Solrosfrön, jordnötssmör (18.8 %), oligofruktos, kokoschips, pumpapötter, linor, kakopulver (4%), lucuma, havssalt. Förvara på en sval torr plats och konsumera inom 1 månad efter öppnande.

(AR) المكونات: زبدة الفول السوداني (18.8%)، قليل القمح، رقائق جوز الهند، بذور اليقطين، مسحوق الكاكاو (4%)، لوكوما، ملح البحر. مكونات من الزراعة العضوي يُحفظ في مكان بارد وجاف ويُستهلك خلال شهر واحد بعد الفتح.

(ES) Ingredientes: Semillas de girasol, crema de cacahuete (18.8%), oligofructosa, chips de cacao, semillas de calabaza, semillas de lino, cacao en polvo (4%), lucuma, sal marina. Conservar en un lugar fresco y seco y consumir en el plazo de 1 mes tras su apertura.

(EL) Συνταγή: Ηλιόσπορα, ελαιόλαδο/βούτυρο (18.8%), ολιγοφρουκτόζη, τσιπς καρύδας, καλαμπόκισπορα, λιναρόσπορα, κακάο σε σκόνη (4%), λουκουμάς, θαλασσινό αλάτι. Διαφυλάξτε τις σπορές σε ένα δροσερό και ξηρό μέρος και καταναλώστε εντός 1 μηνός μετά το άνοιγμα.

(IT) Ingredienti: Semi di girasole, burro di arachidi (18.8%), oligofructose, scaglie di cacao, semi di zucca, semi di lino, cacao in polvere (4%), lucuma, sale marino. Conservare in luogo fresco e asciutto e consumare entro 1 mese dall'apertura.

allergy advice and disclaimer

Watch out if you eat nuts because I contain them.

For allergens see ingredients in **bold**. Might contain the odd date pit or nutshell fragments. Produced in an environment where nuts, peanuts and sesame seeds are handled.

nutritional information

nutrients	per 40g	per 100g
Energy (Energie/Energie/Energie/ Energia/Energie/Energie/Energie)	867kJ	2167kJ
(Kcal)	210	524
Fat (Fett/Gras/Vet/Fett/ Gordito/Grasso)	15g	39g
of which saturates (Ovon gesättigt/ Ofst saturat/Waarsen verzadigd/Voraz maitar من اشبع / De los aceites se saturo/ Ek tuuv oroiolux kopeentil/ Di cull satun)	3.5g	8.7g
Carbohydrates (Kohlenhydrate/ Les glucides/Koohydraten/ Karbohydrater/Υδατoνίρακες/Carboidrati)	5.6g	15g
of which sugars (Davon Zucker/Dont les sucres/Von welke suikers/Voraz cokererter/ من اشبع السكر / De los azúcares /Dont polysaccharides (Davon Polysac/Dont polysac/Waarsen polysac/Voraz polysac/ من اشبع السكر / De los azúcares polidos/ Ek tuuv oroiolux nooluxes/Di cull polysac)	1g	2.4g
Fibre (Ballaststoffe/Fibre/Vezel/Fiber/ Fibra/Axón/Fibro)	9.2g	23g
Protein (Protein/Proteine/Protein/ Proteino/Proteins/Proteine)	7.2g	18g
Salt (Salt/Salt/Zout/Salt/ Sal/vuur/Sale)	0.05g	0.12g

Contains naturally occurring sugars.

serving suggestion 40g per serve

As a breakfast bowl with milk or yogurt, as a snack straight from the pack, or perfect as a tasty topper.

Best Before:

organic

vegan

gluten free

activated

no sugar added

RAW GORILLA

KETO

WINDOW

250g e

peanut butter chocolate granola

protein & fibre

WHAT'S IN ME....?

All our nuts and seeds are activated, this means they take a bath and then a light sauna to perk up (soaked in water, and dehydrated at low temperatures).

peanuts
Peanuts are from the legume family, so not actually a nut! They are naturally rich in protein and low in carbs.

pumpkin seeds
Provide a rich earthy flavour and source of vitamins and minerals such as manganese and zinc.

flax seeds
Flaxseeds are rich in omega-3 fatty acids and natural oils. We love these for their texture and natural oils.

raw cacao
Chocolate lovers! Our 100% dark cacao powder is made from the beans of the cacao plant, native to South America. It is known as the food of the gods for a reason.

oligofructose
Oligofructose is a low carb prebiotic fibre that is found naturally in plants such as chicory.

coconut chips
Our heavenly organic coconut chips add a natural sweetness and texture.

ONLY

naturally occurring proteins, no protein powders or fillers and certainly no whey Jose!

RAW, ACTIVATED & DELICIOUS

be more gorilla! why?
Because Gorillas have got it sorted. They're happy, they're healthy and they're in harmony with nature. So we take a leaf from our primal pals, we don't mess with nature. Nature rules. Nature is balanced. Nature is delicious. Just like everything in this box.

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STORAGE & DISCLAIMER

Keep your Gorilla right: keep me dry, cool and out of direct sunlight and heat. Store in an airtight container if possible and refrigerate once opened for optimal freshness. Consume in 5 min - 1 month once opened. Every care is taken in production and transportation to keep the ingredients and package fresh.