

What does Take 3 mean?

This is what Take 3 means

We took out the bad sugar
We took out the wheat
We took out the bad fat

We put in safe sweeteners
We put in healthy flours
We put in the fiber, fruit and protein
We put in some good fats

What are some of the unique ingredients in a Take 3?

1-Michel Cluizel 72 to 85% Bittersweet Chocolate-Top of the line Chocolate that contains a bit of raw cane sugar, no preservatives or additives and just pure couverture chocolate

2-Flax Seed – Big on fiber and omega 3 fats. By grinding it up, you release the phytochemicals that are healthy for your hormonal health.

3-Barley, Rye, Spelt, & Kamut Flours – these types of grains are higher in protein, lower in gluten and are better for your joints and digestive tracts than wheat.

4-Agave Nectar-derived from the cactus plant in Mexico and Southern States, this amazing nectar includes 90% fructose which is a great alternative to those with diabetes and also those wanting something that is not high on the glycemic index or load schedule.

5-Egg Replacer – this non dairy and combination of potato starch and tapioca flour make this a great leavening agent and there are no eggs to worry about

6-Butter – Margarine is hydrogenated and manmade, Butter is NOT.

7- Banana or Matcha or Essential Oils—depending on the cookie you choose, you will find one of the four ingredients in it and you will be able to taste the goodness!

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What is the nutritional value of a Take 3?

- **3 cookies average 2 _ Weight Watchers Points.**
- **NO TRANS FATS**
- **NO HYDROGENATED FATS**
- **NO WHEAT FLOURS ARE USED**
- **DIABETIC FRIENDLY FOOD**
- **SAFE FOR THOSE WITH IBS OR IBD CONDITIONS**



BANANA OATMEAL - Organic bananas, Organic light rye flour, quick oats, salted butter, ground flax seed, organic agave nectar, egg substitute (potato starch, tapioca flour, calcium lactate, calcium carbonate, citric acid, carbohydrate gum), organic vanilla extract, baking powder, 72% bittersweet chocolate (cocoas, raw cane sugar, cocoa butter, bourbon vanilla pod), organic walnut piece



MATCHA TEA MORSEL:- Organic Barley flour, salted butter, organic hemp seed nut, organic agave nectar, 72% bittersweet chocolate(cocoas, raw cane sugar, cocoa butter, bourbon vanilla

traditional matcha green tea, 100% essential lime oil



Bittersweet Chocolate and Almonds

Organic Spelt flour, salted butter, 72% bittersweet chocolate (cocoas, organic raw cane sugar, cocoa butter, bourbon vanilla pod), organic agave nectar, organic almonds, egg substitute (potato starch, tapioca flour, calcium lactate, calcium carbonate, citric acid, carbohydrate gum), natural vanilla extract, non-aluminum baking powder

NOW available at Whole Foods, Blenz Coffee, Ladybug Organics, Sunflower Café and Country Sun Health Foods.