



MUNK PACK[®]

PROTEIN COOKIES

REAL FOOD, QUICK NUTRITION



From our professional lives to our hiking adventures, we were looking for products that were minimally processed, with real, wholesome ingredients. Embracing our commitment to bringing only high-quality, delicious products to market, we have expanded our product offerings to soft-baked, power-packed Protein Cookies.

A functional alternative to energy bars, our cookies contain 18G of plant protein, are a good source of fiber, and on average contain half the ingredients than similar products. We are proud to create better-for-you snacks that taste great as well as cater to a variety of dietary lifestyles and nutritional goals.

- 18G PROTEIN**
- GLUTEN FREE**
- PLANT BASED**



CONSUMERS

- 18G Plant Protein
- Gluten Free, Vegan, Non-GMO, Kosher
- No Sugar Alcohols, Soy, Dairy or Eggs
- Excellent Source of Fiber



RETAILERS

- More Protein than Sugar
- Merchandise in Energy Bars, Cookies, Grab-n-Go
- Quarterly Promotional Support



OUR BRAND CENTERS ON THE TINY BUT MIGHTY CHIPMUNK WHOSE ADVENTUROUS SPIRIT AND NUTRITIOUS DIET IS OUR INSPIRATION.

We see a world where happiness is cultivated through healthy eating, movement, and connection with nature. We use only high-quality, real ingredients from nature for balanced nutrition on the go.

DOUBLE DARK CHOCOLATE



INGREDIENTS: PEANUT BUTTER, DARK CHOCOLATE CHIPS (CANE SUGAR, CHOCOLATE, COCOA BUTTER), CANE SUGAR, PLANT PROTEIN BLEND (BROWN RICE PROTEIN, PEA PROTEIN), VEGETABLE GLYCERIN, GLUTEN FREE OAT FLOUR, DUTCH COCOA POWDER, POTATO STARCH, TAPIOCA STARCH, PRUNE JUICE CONCENTRATE, NATURAL FLAVORS, OAT FIBER, BAKING POWDER, SEA SALT, SUNFLOWER LECITHIN, XANTHAN GUM, CINNAMON, MONK FRUIT EXTRACT.

Nutrition Facts

2 servings per container
Serving size 1/2 cookie (42g)

	Per 1/2 cookie	Per 1 cookie
Calories	180	360
	% DV*	% DV*
Total Fat	9g 12%	18g 24%
Saturated Fat	2g 10%	4g 20%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	140mg 6%	280mg 12%
Total Carb.	17g 6%	34g 12%
Dietary Fiber	3g 11%	6g 21%
Total Sugars	8g	16g
Incl. Added Sugars	7g 14%	14g 28%
Sugar Alcohols	0g 0%	0g 0%
Protein	9g 11%	18g 22%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	45mg 4%	90mg 8%
Iron	1mg 6%	2mg 12%
Potassium	180mg 4%	360mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PEANUT BUTTER CHOCOLATE CHIP



INGREDIENTS: PEANUT BUTTER, CANE SUGAR, DARK CHOCOLATE CHIPS (CANE SUGAR, CHOCOLATE, COCOA BUTTER), VEGETABLE GLYCERIN, PLANT PROTEIN BLEND (BROWN RICE PROTEIN, PEA PROTEIN), GLUTEN FREE OAT FLOUR, PEANUTS, PEANUT FLOUR, POTATO STARCH, TAPIOCA STARCH, PRUNE JUICE CONCENTRATE, OAT FIBER, NATURAL FLAVORS, BAKING POWDER, SEA SALT, SUNFLOWER LECITHIN, XANTHAN GUM, MONK FRUIT EXTRACT.

Nutrition Facts

2 servings per container
Serving size 1/2 cookie (42g)

	Per 1/2 cookie	Per 1 cookie
Calories	180	360
	% DV*	% DV*
Total Fat	9g 12%	18g 24%
Saturated Fat	4g 10%	8g 20%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	170mg 7%	340mg 15%
Total Carb.	17g 6%	34g 12%
Dietary Fiber	3g 11%	6g 21%
Total Sugars	8g	16g
Incl. Added Sugars	7g 14%	14g 28%
Sugar Alcohols	0g 0%	0g 0%
Protein	9g 11%	18g 22%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	41mg 4%	82mg 8%
Iron	1mg 6%	2mg 12%
Potassium	190mg 4%	380mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SNICKERDOODLE



INGREDIENTS: PEANUT BUTTER, CANE SUGAR, PLANT PROTEIN BLEND (BROWN RICE PROTEIN, PEA PROTEIN), GLUTEN FREE OAT FLOUR, VEGETABLE GLYCERIN, POTATO STARCH, TAPIOCA STARCH, PRUNE JUICE CONCENTRATE, NATURAL FLAVORS, OAT FIBER, CINNAMON, BAKING POWDER, SEA SALT, SUNFLOWER LECITHIN, XANTHAN GUM, MONK FRUIT EXTRACT.

Nutrition Facts

2 servings per container
Serving size 1/2 cookie (42g)

	Per 1/2 cookie	Per 1 cookie
Calories	180	360
	% DV*	% DV*
Total Fat	9g 12%	18g 24%
Saturated Fat	1g 5%	2g 10%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	170mg 7%	340mg 15%
Total Carb.	18g 6%	36g 13%
Dietary Fiber	3g 11%	6g 21%
Total Sugars	8g	16g
Incl. Added Sugars	7g 14%	14g 28%
Sugar Alcohols	0g 0%	0g 0%
Protein	9g 11%	18g 22%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	41mg 4%	82mg 8%
Iron	1mg 6%	2mg 12%
Potassium	190mg 4%	380mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

COCONUT WHITE CHIP MACADAMIA



INGREDIENTS: PEANUT BUTTER, WHITE CHIPS (SUGAR, SUSTAINABLE PALM KERNEL AND PALM OIL, NATURAL FLAVOR, SUNFLOWER LECITHIN, SALT), CANE SUGAR, PLANT PROTEIN BLEND (BROWN RICE PROTEIN, PEA PROTEIN), VEGETABLE GLYCERIN, COCONUT FLOUR, COCONUT FLAKES, GLUTEN FREE OAT FLOUR, MACADAMIA NUTS, POTATO STARCH, TAPIOCA STARCH, PRUNE JUICE CONCENTRATE, OAT FIBER, NATURAL FLAVORS, BAKING POWDER, SEA SALT, SUNFLOWER LECITHIN, XANTHAN GUM, MONK FRUIT EXTRACT.

Nutrition Facts

2 servings per container
Serving size 1/2 cookie (42g)

	Per 1/2 cookie	Per 1 cookie
Calories	180	360
	% DV*	% DV*
Total Fat	9g 12%	18g 24%
Saturated Fat	3g 15%	6g 30%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	125mg 5%	250mg 11%
Total Carb.	16g 6%	32g 12%
Dietary Fiber	3g 11%	6g 21%
Total Sugars	9g	18g
Incl. Added Sugars	8g 16%	16g 32%
Sugar Alcohols	0g 0%	0g 0%
Protein	9g 11%	18g 22%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	42mg 4%	84mg 8%
Iron	1mg 6%	2mg 12%
Potassium	140mg 4%	280mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

OATMEAL RAISIN SPICE



INGREDIENTS: PEANUT BUTTER, RAISINS, CANE SUGAR, PLANT PROTEIN BLEND (BROWN RICE PROTEIN, PEA PROTEIN), VEGETABLE GLYCERIN, GLUTEN FREE OATS, GLUTEN FREE OAT FLOUR, POTATO STARCH, TAPIOCA STARCH, PRUNE JUICE CONCENTRATE, OAT FIBER, CINNAMON, BAKING POWDER, SEA SALT, SUNFLOWER LECITHIN, XANTHAN GUM, MONK FRUIT EXTRACT, NUTMEG, CLOVES.

Nutrition Facts

2 servings per container
Serving size 1/2 cookie (42g)

	Per 1/2 cookie	Per 1 cookie
Calories	160	320
	% DV*	% DV*
Total Fat	6g 8%	12g 15%
Saturated Fat	1g 5%	2g 10%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	125mg 5%	250mg 11%
Total Carb.	18g 7%	36g 13%
Dietary Fiber	3g 11%	6g 21%
Total Sugars	8g	16g
Incl. Added Sugars	6g 12%	11g 22%
Sugar Alcohols	0g 0%	0g 0%
Protein	9g 11%	18g 22%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	50mg 4%	100mg 8%
Iron	1mg 4%	2mg 10%
Potassium	160mg 4%	320mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ASK US ABOUT OUR OATMEAL FRUIT SQUEEZE SNACKS!



- Gluten Free, Vegan, Non-GMO, Kosher
- Merchandise in Fruit Sauce, Oatmeal, Breakfast Grab-n-Go
- Trending Superfoods: Quinoa, Chia, Maple, Acai
- Shelf Stable for 12 Months