



Gluten Free Cookies

Cookie Bars & Pouches Gluten-Free • Dairy-Free

Made with 70-81%
ORGANIC
Ingredients



Cookie Bars
Cookie Pouches

Whether you enjoy the convenience of our re-sealable cookie pouch or need an on-the-go individually wrapped snack bar, Arico has what you crave! All scrumptious flavors are prepared gluten-free and with organic ingredients to feed your inner cookie cravings.

- Gluten-Free
- Dairy-Free
- Whole Grains
- No Trans Fat
- High in Calcium
- Good Source of Fiber



Call 866-98-ARICO or visit aricofoods.com



Live Free

*Chocolate Chunk & Double Chocolate may contain traces of milk protein due to manufacturing equipment.

Arico Natural Foods Company, PO Box 7115, Beaverton, OR 97007 USA



Gluten-Free • Dairy-Free

Cookie Bars

Flavors	Pack Size	UPC	Ingredients
Almond Cranberry	12 - 1.4 oz.	1 82363 00000 9	Flour base (organic brown rice whole grain flour, rice starches, rice protein, baking soda), organic cage free eggs, organic cane sugar, almonds, organic almond meal, organic agave nectar, dried cranberries (cranberries, sugar, sunflower/safflower oil), chicory extract, organic palm oil, calcium carbonate, organic sunflower oil/safflower oil, natural flavors, sea salt. Contains eggs and tree nuts.
Chocolate Chunk	12 - 1.4 oz.	1 82363 00002 3	Flour base (organic brown rice whole grain flour, rice starches, rice protein, baking soda), organic dark chocolate (organic cane sugar, organic cocoa paste, organic cocoa butter, non GMO soy lecithin, organic vanilla, [Chunks may contain traces of milk protein due to manufacturing equipment]), organic cage free eggs, organic cane sugar, chicory extract, organic agave nectar, organic palm oil, organic sunflower/safflower oil, calcium carbonate, natural flavor, sea salt. Contains eggs, soy and may contain traces of milk protein.
Double Chocolate	12 - 1.4 oz.	1 82363 00004 7	Flour base (organic brown rice whole grain flour, rice starches, rice protein, baking soda), organic dark chocolate (organic cane sugar, organic cocoa paste, organic cocoa butter, non GMO soy lecithin, organic vanilla, [Chunks may contain traces of milk protein due to manufacturing equipment]), organic cane sugar, organic cage free eggs, organic agave nectar, chicory extract, organic palm oil, cocoa powder alkalinized, organic sunflower/safflower oil, calcium carbonate, natural flavors. Contains eggs, soy and may contain traces of milk protein.
Peanut Butter	12 - 1.4 oz.	1 82363 00006 1	Organic peanut butter, flour base (organic brown rice whole grain flour, rice starches, rice protein, baking soda), organic cane sugar, organic cage free eggs, chicory extract, organic agave nectar, organic quinoa flour, calcium carbonate, natural flavor, sea salt. Contains eggs and peanuts.



Cookie Pouches

Lemon Ginger	6 - 4.76 oz.	1 82363 00012 2	Flour base (organic brown rice whole grain flour, rice starches, rice protein, baking soda), organic cage free eggs, organic agave nectar, diced ginger (ginger, sugar), chicory extract, organic cane sugar, organic palm oil, organic sunflower/safflower oil, calcium carbonate, citric acid, natural flavor, lemon oil, ginger, sea salt. Contains eggs.
Triple Berry	6 - 4.76 oz.	1 82363 00014 6	Flour base (organic brown rice whole grain flour, rice starches, rice protein, baking soda), organic cage free eggs, organic agave nectar, chicory extract, organic cane sugar, organic palm oil, organic sunflower/safflower oil, strawberry (strawberry, apple juice concentrate, organic rice flour), raspberry (raspberry, sugar, rice flour, sunflower oil), blueberry (blueberries, apple juice concentrate, sunflower oil), calcium carbonate, citric acid, natural flavor, sea salt. Contains eggs.
Almond Cranberry	6 - 4.76 oz.	1 82363 00016 0	Flour base (organic brown rice whole grain flour, rice starches, rice protein, baking soda), organic cage free eggs, organic cane sugar, almonds, organic almond meal, organic agave nectar, dried cranberries (cranberries, sugar, sunflower/safflower oil), chicory extract, organic palm oil, calcium carbonate, organic sunflower oil, natural flavors, sea salt. Contains eggs and tree nuts.
Chocolate Chunk	6 - 4.76 oz.	1 82363 00018 4	Flour base (organic brown rice whole grain flour, rice starches, rice protein, baking soda), organic dark chocolate (organic cane sugar, organic cocoa paste, organic cocoa butter, non GMO soy lecithin, organic vanilla, [Chunks may contain traces of milk protein due to manufacturing equipment]), organic cage free eggs, organic cane sugar, chicory extract, organic agave nectar, organic palm oil, organic sunflower/safflower oil, calcium carbonate, natural flavor, sea salt. Contains eggs, soy and may contain traces of milk protein.
Double Chocolate	6 - 4.76 oz.	1 82363 00020 7	Flour base (organic brown rice whole grain flour, rice starches, rice protein, baking soda), organic dark chocolate (organic cane sugar, organic cocoa paste, organic cocoa butter, non GMO soy lecithin, organic vanilla, [Chunks may contain traces of milk protein due to manufacturing equipment]), organic cane sugar, organic cage free eggs, organic agave nectar, chicory extract, organic palm oil, cocoa powder alkalinized, organic sunflower/safflower oil, calcium carbonate, natural flavors. Contains eggs, soy and may contain traces of milk protein.
Peanut Butter	6 - 4.76 oz.	1 82363 00022 1	Organic peanut butter, flour base (organic brown rice whole grain flour, rice starches, rice protein, baking soda), organic cane sugar, organic cage free eggs, chicory extract, organic agave nectar, organic quinoa flour, calcium carbonate, natural flavor, sea salt. Contains eggs and peanuts.



Nutrition Facts

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Total Fat		6g	9%	Total Carb	22g	7%
Serving Size 1 bar (40g)		Sat Fat 1.5g	8%	Fiber	4g	16%
Servings 1		Trans Fat 0g		Sol.Fiber	3g	
Calories 140		Cholest.	25mg	8%	Sugars	10g
Fat cal 60		Sodium	120mg	5%	Protein	3g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.						
Vitamin A 0% • Vitamin C 0% • Calcium 25% • Iron 6%						

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Total Fat		7g	11%	Total Carb	23g	8%
Serving Size 1 bar (40g)		Sat Fat 2.5g	13%	Fiber	4g	16%
Servings 1		Trans Fat 0g		Sol.Fiber	3g	
Calories 150		Cholest.	20mg	7%	Sugars	11g
Fat cal 60		Sodium	150mg	6%	Protein	3g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.						
Vitamin A 0% • Vitamin C 0% • Calcium 25% • Iron 6%						

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Total Fat		7g	11%	Total Carb	22g	7%
Serving Size 1 bar (40g)		Sat Fat 2.5g	13%	Fiber	4g	16%
Servings 1		Trans Fat 0g		Sol.Fiber	2g	
Calories 150		Cholest.	20mg	7%	Sugars	11g
Fat cal 60		Sodium	105mg	4%	Protein	3g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.						
Vitamin A 0% • Vitamin C 0% • Calcium 25% • Iron 10%						

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Total Fat		7g	11%	Total Carb	19g	6%
Serving Size 1 bar (40g)		Sat Fat 1.5g	8%	Fiber	4g	16%
Servings 1		Trans Fat 0g		Sol.Fiber	3g	
Calories 160		Cholest.	25mg	8%	Sugars	9g
Fat cal 70		Sodium	140mg	6%	Protein	5g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.						
Vitamin A 0% • Vitamin C 0% • Calcium 25% • Iron 4%						

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Total Fat		3.5g	5%	Total Carb	15g	5%
Serving Size 2 cookies (27g)		Sat Fat 1g	5%	Fiber	3g	12%
Servings 5		Trans Fat 0g		Sol.Fiber	2g	
Calories 90		Cholest.	15mg	5%	Sugars	6g
Fat cal 35		Sodium	85mg	4%	Protein	2g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.						
Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 2%						

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Total Fat		3.5g	5%	Total Carb	16g	5%
Serving Size 2 cookies (27g)		Sat Fat 1g	5%	Fiber	3g	12%
Servings 5		Trans Fat 0g		Sol.Fiber	2g	
Calories 90		Cholest.	15mg	5%	Sugars	6g
Fat cal 30		Sodium	80mg	3%	Protein	2g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.						
Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 4%						

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Total Fat		4.5g	7%	Total Carb	15g	5%
Serving Size 2 cookies (27g)		Sat Fat 1g	5%	Fiber	3g	12%
Servings 5		Trans Fat 0g		Sol.Fiber	2g	
Calories 100		Cholest.	15mg	5%	Sugars	7g
Fat cal 40		Sodium	80mg	3%	Protein	2g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.						
Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 4%						

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Total Fat		4.5g	7%	Total Carb	15g	5%
Serving Size 2 cookies (27g)		Sat Fat 2g	10%	Fiber	3g	12%
Servings 5		Trans Fat 0g		Sol.Fiber	2g	
Calories 100		Cholest.	15mg	5%	Sugars	7g
Fat cal 40		Sodium	105mg	4%	Protein	2g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.						
Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 4%						

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Total Fat		4.5g	7%	Total Carb	15g	5%
Serving Size 2 cookies (27g)		Sat Fat 1.5g	8%	Fiber	3g	12%
Servings 5		Trans Fat 0g		Sol.Fiber	2g	
Calories 100		Cholest.	15mg	5%	Sugars	7g
Fat cal 40		Sodium	70mg	3%	Protein	2g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.						
Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 6%						

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Total Fat		5g	8%	Total Carb	13g	4%
Serving Size 2 cookies (27g)		Sat Fat 1g	5%	Fiber	3g	12%
Servings 5		Trans Fat 0g		Sol.Fiber	2g	
Calories 110		Cholest.	15mg	5%	Sugars	6g
Fat cal 45		Sodium	95mg	4%	Protein	4g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.						
Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 4%						

Pack Type	Product Wt.	Product Dimension Inches (WxHxD)	Case Pack
Cookie Bar	16.8 oz. (476g)	2 3/4 x 5 1/8 x 10 (per sleeve)	12
Cookie Pouch	4.76 oz. (135g)	6 1/2 x 9 1/2 x 2 1/2 (per pouch)	6

Arico Cookie Bars are conveniently packed in a space-saving, shelf-ready sleeve box with an easy open tear strip.



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U.D. CERTIFIED ORGANIC BY QAI



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