

TWO GREAT FLAVOURS



TOASTED MAPLE NUT

Toasted Maple Nut is our original recipe made with almonds for flakiness, walnuts and sunflower seeds for heartiness and pecans for elevated flavour.

HEMP COCONUT CRUNCH

This has quickly become our most popular variety. It is made to be allergy friendly with sunflower seeds, pumpkin seeds and hemp seeds full of healthy fats and protein. For a bit of crunch we add coconut flakes and toast it to perfection.

*"It's so perfect!
Love its simplicity
and perfect
sweetness." -
Karen A.*

*"My husband ate
the whole bag in
two days" - Denise*



**BULK SALE
AND
CUSTOM
ORDERS**

www.mountainoats.ca



Anna and Jesse are the sisters behind Mountain Oats and started making and selling granola in the summer of 2024.

Basing their recipe on their dad's homemade granola, they tinkered away to come up with the perfect balance of sweet, crunchy and healthy.

Anna and Jesse grew up in the West Kootenay woods. From paddling and picnicking at Summit Lake near their childhood home in Nakusp, to the top of Idaho peak amongst the wildflowers to searching for arrowheads on the beaches of Johnsons Landing they have always been fueled by sunshine and wholesome food.

Our granola is sweetened with Canadian maple syrup and is completely vegan. We use coconut oil and a small amount of brown sugar to get a crunchy texture and a caramelly flavour. We use certified gluten free oats in all our granolas and are extremely cautious about cross contamination in our baking protocols.

Bulk Orders

Order in bulk for delivery every two weeks and serve your guests a taste of granola Kootenay culture.

Bulk Orders are delivered in reusable buckets or vacuum sealed bags. Shelf life is 4 months.

Price ranges from \$26-30/kg depending on volume, order recurrence and delivery location.

Gift Bags

Order 300g or 500g gift bags for resale in your giftshop. Include in a continental breakfast basket or gift to clients.

10 x 500 gram bags	\$140
10 x 300 gram bags	\$90