Friendly™

DRIED FRUIT SNACKS
MADE IN ECUADOR.

Friendly Organic Foods is a family business dedicated to the manufacturing of super healthy and delicious snacks.

We keep our ingredients 100% natural, free from artificial flavors, preservatives or coloring.

All of our tropical snacks are vegan, gluten free and kosher. And we never add sugar to any of them.

We wan't healthy and Friendly world.

We work with high quality tropical and andean ingredients and make sure we keep them natural, healthy and very tasty.

BE Friendly

We have a committment with our enviornment,
which we aplply in our day to day activities,
where we prioritize saving water and resources,
as well as reusing and recycling.
Part of our packaging is eco Friendly and we are
aimmig to improve it even more in the future.

FRIENDLY SNACKS MADE IN ECUADOR

DRIED FRUITS SNACKS, BARS & BITES

DRIED TROPICAL FRUITS
100% NATURALES


Friendly
fruit snacks
PIÑA
DESHIDRATADA
KOSHER
100% NATURAL Y VEGANO
Ingredientes: Piña en pedazos deshidratada.
sin azúcar añadida
20g
@friendlyorganicfoods

DRIED PINEAPPLE PIECES

Shelf-life: 12-18 months

Storage:
Store in a cool, dark, dry place.

Presentations:
227g – 8oz
20g

Biodegradable Kraft Bag

Certified Kosher

Nutrition Facts

about 7 servings per container

Serving size	**about 28g**
Amount Per Serving	
Calories	**100**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium mg	**0%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 3g	**11%**
Total Sugars 18g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 200mg	4%

*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.

Ingredients: 100% Dried Pineapple
Ingredientes: 100% Piña Deshidratada.


NATURALLY
SWEET
Friendly
fruit snacks
ANIC

DRIED MANGO SLICES

Shelf-life: 12-18 months

Storage:
Store in a cool, dark, dry place.

Presentations:
454g – 16oz
30g – 1.05 oz

Biodegradable Kraft Bag

Certified Kosher

Nutrition Facts

about 7.5 servings per container

Serving size (3 slices) about 20g

Amount Per Serving	
Calories	**55**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 10.5g	
Includes 0g Added Sugars	0%
Protein 0.5g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 1mg	3%
Potassium 0mg	0%

*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.

Ingredients: 100% Dried Mango.
Ingredientes: 100% Mango Deshidratado.


fruit snacks
100% NATURAL DRIED FRUIT MIX
BANANA
PINEAPPL
MANG
MIX BANANO, MANGO Y PIÑ
NO ADDED
100% JUST
NET WT. / PE

MANGO EN RODAJAS DESHIDRATADO

Shelf-life: 12-18 months

Storage:
Store in a cool, dark, dry place.

Presentations:
454g – 16oz
20g – 0.70 oz

Biodegradable Kraft Bag

Certified Kosher

Nutrition Facts

about 8 servings per container

Serving size	**(56g)**
Amount Per Serving	
Calories	**176**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 3mg	**0%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 4.1g	**17%**
Total Sugars 32g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0.4mcg	2%
Calcium 34mg	3%
Iron 1.4mg	7%
Potassium 430mg	12%

*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.

Ingredientes: 100% Banano, Mango y Piña Deshidratada.


Friendly
fruit snacks
PITAHAY
AMARILLA DESHIDRATADA

PIÑA EN PEDAZOS DESHIDRATADA

Shelf-life: 12-18 months

Storage:
Store in a cool, dark, dry place.

Presentations:
150g – 5.2oz
30g – 1.05 oz

Certified Kosher

Nutrition Facts

about 7 servings per container

Serving size	**20g**
Amount Per Serving	
Calories	**20**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 15g	**6%**
Dietary Fiber < 1g	**2%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 75mg	0%
Iron 7mg	0%
Potassium 32mg	0%

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Ingredients: Dried Yellow Pitahaya
Ingredientes: 100% Pitahaya amarilla deshidratada.

DRIED FRUITS BARS+ SUPERFOODS 100% NATURAL

4 FLAVORS


Friendly
fruit bar
with andean superfoods / con super alimentos andinos
100% Natural Fruit Bars with:
BANANA & CACAO
ONLY 2 INGREDIENTS!
NO ADDED SUGAR
NO ADDITIVES
PLANT BASED
BARRAS DE FRUTAS DE BANANO Y CACAO
12 - 1.05 OZ (30g) BARS NET WT. 12.6 OZ (360g)
12 PACK
Friendly
fruit bar
100% NATURAL
30g e
BANANA
CACAO

BANANA & CACAO

Shelf-life: 12-18 months

Net weight Bar: 30g – 1.05 oz
Net Weight Display Box: 360g – 12.6 oz

Presentation:
12 Bars per Display Box
24 Display Boxes per Master Box

Nutrition Facts / Valores Nutricionales

1 serving per container / porción por envase
Serving size / Cant. por porción 1 bar / 1 barra (30g)
Calories / Calorías per serving / por porción **115**

Serving / Porción	% Daily Value / Valor Diario*	Serving / Porción	% Daily Value / Valor Diario*
Total Fat / Grasas Totales 3g	**4%**	**Total Carbohydrate / Carbohidratos Totales** 23g	**8%**
Saturated Fat / Grases Saturadas 1.5g	**8%**	Dietary Fiber / Fibra Dietética 3.4g	**12%**
Trans Fat / Grases *Trans* 0g		Total Sugars / Azúcares Totales 11.8g	
Cholesterol / Cholesterol 0mg	**0%**	Includes / Incluye 0g of Added Sugars / de Azúcar Añadida	**0%**
Sodium / Sodio 0mg	**0%**	**Protein / Proteína** 1.4g	

Vitamin D / Vitamina D 0mg 0% Calcium / Calcio 0mg 2% Iron / Hierro 0 mg 2% Potassium / Potasio 378mg 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. * Porcentaje basado en una dieta de 2000 calorías. Sus valores diarios pueden ser más altos o bajos dependiendo de sus necesidades calóricas.

Ingredients: Dehydrated Banana and Cacao.
Ingredientes: Banano Deshidratado y Cacao.

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Bar: 8.5cm x 3.5 cm x 0.7cm
Wrap:13.5 x 5 x 1 cm

Certified Kosher

Storage:
Store in a cool, dark, dry place.


Friendly™
fruit bar
with andean superfoods / con super alimentos andinos
100% Natural Fruit Bars with:
MANGO BANANA GOLDENBERRY & CHIA
ONLY 4 INGREDIENTS
PLANT BASED
NO ADDED SUGAR
NO ADDITIVES
12 PACK
BARRAS DE FRUTAS DE MANGO BANANO UVILLA Y CHÍA
12 - 1.05 OZ (30g) BARS NET WT. 12.6 OZ (360g)
Friendly
fruit bar
100% NATURAL
30g e
MANGO
BANANA
GOLDENBERRY
CHIA

MANGO BANANA PHYSALIS & CHÍA

Shelf-life: 12-18 months

Net weight Bar: 30g – 1.05 oz
Net Weight Display Box: 360g – 12.6 oz

Presentation:
12 Bars per Display Box
24 Display Boxes per Master Box

Nutrition Facts / Valores Nutricionales

1 serving per container / porción por envase
Serving size / Cant. por porción 1 bar / 1 barra (30g)
Calories / Calorías per serving / por porción **94**

Serving / Porción	% Daily Value / Valor Diario*	Serving / Porción	% Daily Value / Valor Diario*
Total Fat / Grasas Totales 0.7g	**1%**	**Total Carbohydrate / Carbohidratos Totales** 23g	**8%**
Saturated Fat / Grases Saturadas 0g	**0%**	Dietary Fiber / Fibra Dietética 3.1g	**11%**
Trans Fat / Grases *Trans* 0g		Total Sugars / Azúcares Totales 12g	
Cholesterol / Cholesterol 0mg	**0%**	Includes / Incluye 0g of Added Sugars / de Azúcar Añadida	**0%**
Sodium / Sodio 3mg	**0%**	**Protein / Proteína** 1.2g	

Vitamin D / Vitamina D 0mg 0% Calcium / Calcio 6mg 1% Iron / Hierro 0 mg 0% Potassium / Potasio 364mg 8%

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Ingredients / Ingredientes: Dehydrated Banana, Dehydrated Goldenberry, Dehydrated Mango and Chia. / Banano Deshidratado, Uvilla Deshidratada, Mango Deshidratado y Chía.

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Bar: 8.5cm x 3.5 cm x 0.7cm
Wrap:13.5 x 5 x 1 cm

Certified Kosher

Storage:
Store in a cool, dark, dry place.

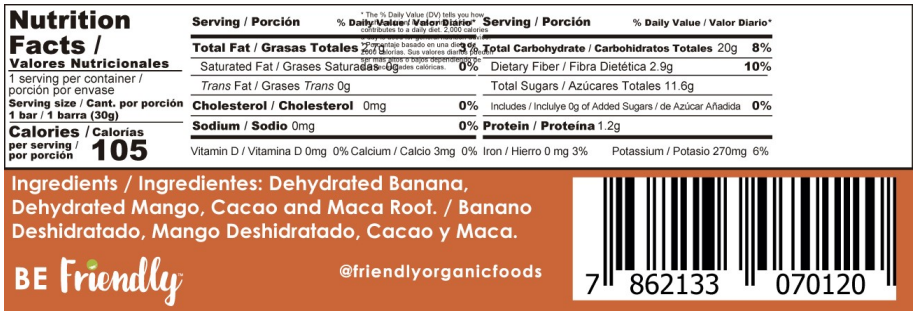

Friendly™
fruit bar
with andean superfoods / con super alimentos andinos
NO ADDED SUGAR
NO ADDITIVES
100% Natural Fruit Bars with:
MANGO CACAO MACA & BANANA
ONLY 4 INGREDIENTS
PLANT BASED
BARRAS DE FRUTAS DE MANGO CACAO MACA Y BANANO
12 - 1.05 OZ (30g) BARS NET WT. 12.6 OZ (360g)
12 PACK
Friendly
fruit bar
100% NATURAL
MANGO
CACAO
MACA
BANANA

MANGO CACAO MACA & BANANA

Shelf-life: 12-18 months

Net weight Bar: 30g – 1.05 oz
Net Weight Display Box: 360g – 12.6 oz

Presentation:
12 Bars per Display Box
24 Display Boxes per Master Box



Bar: 8.5cm x 3.5 cm x 0.7cm
Wrap:13.5 x 5 x 1 cm

Certified Kosher

Storage:
Store in a cool, dark, dry place.


Friendly
fruit bar
with andean superfoods / con super alimentos andinos
100% Natural Fruit Bars with:
COFFEE QUINOA
BANANA & CHIA
ONLY 4 INGREDIENTS
NO ADDED SUGAR
NO ADDITIVES
12 PACK
Friendly
fruit bar
100% NATURAL
COFFEE
QUINOA
BANANA
CHIA

COFFEE QUINOA BANANA & CHÍA

Shelf-life: 12-18 months

Net weight Bar: 30g – 1.05 oz
Net Weight Display Box: 360g – 12.6 oz

Presentation:
12 Bars per Display Box
24 Display Boxes per Master Box

Nutrition Facts / Valores Nutricionales

1 serving per container / porción por envase
Serving size / Cant. por porción 1 bar / 1 barra (30g)
Calories / Calorías per serving / por porción **90**

Serving / Porción	% Daily Value / Valor Diario*	Serving / Porción	% Daily Value / Valor Diario*
Total Fat / Grasas Totales 0.9g	1%	**Total Carbohydrate / Carbohidratos Totales** 21g	8%
Saturated Fat / Grases Saturadas 0.1g	0%	Dietary Fiber / Fibra Dietética 2.7g	10%
Trans Fat / Grases *Trans* 0g		Total Sugars / Azúcares Totales 9.7g	
Cholesterol / Cholesterol 0mg	0%	Includes / Incluye 0g of Added Sugars / de Azúcar Añadida	0%
Sodium / Sodio 0mg	0%	**Protein / Proteína** 1.5g	

Vitamin D / Vitamina D 0mg 0% Calcium / Calcio 8mg 1% Iron / Hierro 1 mg 3% Potassium / Potasio 340mg 7%

* 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. / Porcentaje basado en una dieta de 2000 calorías. Sus valores diarios pueden ser más altos o bajos dependiendo de sus necesidades calóricas.

Ingredients / Ingredientes: Dehydrated Banana, Quinoa, Coffee and Chia. / Banano Deshidratado, Quinoa, Café y Chía.

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Bar: 8.5cm x 3.5 cm x 0.7cm
Wrap:13.5 x 5 x 1 cm

Certified Kosher

Storage:
Store in a cool, dark, dry place.

FRUITS BITES + SUPERFOODS
100% NATURAL


Friendly
fruit bites
with cacao
mango + pineapple + banana + cacao
100% NATURAL / NO ADDED SUGAR / KOSHER
NET WT.: 1.41 oz (40g)

MANGO PINEAPPLE BANANA CACAO

Shelf-life: 12-18 months

Net weight: 40g – 1.41 oz
Bites per bag: 8

Presentation:
12 Bags per Box

24 Display Boxes per Master Box

Nutrition Facts
Información Nutricional

1 serving per container / 1 porción por envase
Serving size / Cantidad por porción (40g)

Amount Per Serving / Cantidad por porción

Calories/Calorías 139

	% Daily Value* / % Valor Diario*
Total Fat / Grasas Totales 2.1g	4%
Saturated Fat / Grasas Saturadas 1.5g	8%
Trans Fat / Grasas Trans 0g	
Cholesterol / Colesterol 0mg	0%
Sodium / Sodio 13mg	1%
Total Carbohydrate / Carbohidratos Totales 35.4g	10%
Dietary Fiber / Fibra Dietética 1.3g	5%
Total Sugars / Azúcares Totales 16.1g	
Includes / Incluye 8g Added Sugars / Azúcar Añadida	8%
Protein / Proteína 2g	
Vitamin D / Vitamina D 0mcg	0%
Calcium / Calcio 7mg	1%
Iron / Hierro 0mg	1%
Potassium / Potasio 387mg	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.
* Porcentaje basado en una dieta de 2000 calorías. Sus valores diarios pueden ser más altos o bajos dependiendo de sus necesidades calóricas.

INGREDIENTS / INGREDIENTES: BANANA (65%), CACAO (15%), MANGO (11%) & PINEAPPLE (9%) / BANANA (65%), CACAO (15%), MANGO (11%) Y PIÑA (9%).

1 Bite: 8.5cm x1x1.5x1.6cm

Bag:14x9cm

Storage:
Store in a cool, dark, dry place.

Certified Kosher

Certified Kosher

BANANA PINEAPPLE MACA ROOT

Shelf-life: 12-18 months

Net weight: 40g – 1.41 oz
Bites per bag: 8

Presentation:
12 Bags per Box

24 Display Boxes per Master Box

Nutrition Facts
Información Nutricional

1 serving per container / 1 porción por envase
Serving size / Cantidad por porción (40g)

Amount Per Serving / Cantidad por porción:

Calories/Calorías 136

	% Daily Value* / % Valor Diario*
Total Fat / Grasas Totales 0g	0%
Saturated Fat / Grasas Saturadas 0g	0%
Trans Fat / Grasas Trans 0g	
Cholesterol / Colesterol 0mg	0%
Sodium / Sodio 12mg	1%
Total Carbohydrate / Carbohidratos Totales 36.7g	12%
Dietary Fiber / Fibra Dietética 2.8g	9%
Total Sugars / Azúcares Totales 20.3g	
Includes / Incluye 0g Added Sugars / Azúcar Añadida	0%
Protein / Proteína 2.8g	
Vitamin D / Vitamina D 0mcg	0%
Calcium / Calcio 27mg	2%
Iron / Hierro 1mg	4%
Potassium / Potasio 471mg	10%

* 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. * Porcentaje basado en una dieta de 2000 calorías. Sus valores diarios pueden ser más altos o bajos dependiendo de sus necesidades calóricas.

INGREDIENTS / INGREDIENTES: BANANA (69%), PINEAPPLE (16%), & MACA (15%) / BANANA (69%), PIÑA (16%) Y MACA (15%).

1 Bite: 8.5cm x1x1.5x1.6cm

Bag:14x9cm

Storage:
Store in a cool, dark, dry place.

Certified Kosher


Friendly™
fruit bites
with cacao and moringa
coffee + ba

COFFEE BANANA CACAO MORINGA

Shelf-life: 12-18 months

Net weight: 40g – 1.41 oz
Bites per bag: 8

Presentation:
12 Bags per Box

24 Display Boxes per Master Box

1 Bite: 8.5cm x1x1.5x1.6cm

Bag:14x9cm

Storage:
Store in a cool, dark, dry place.

Certified Kosher


Friendly
fruit bites
with chia seeds
mango + banana + chia
100% NATURAL | NO ADDED SUGAR | KOSHER
NET WT.: 1.41 oz (40g)

MANGO BANANA CHIA

Shelf-life: 12-18 months

Net weight: 40g – 1.41 oz
Bites per bag: 8

Presentation:
12 Bags per Box

24 Display Boxes per Master Box

Nutrition Facts
Información Nutricional

1 serving per container / 1 porción por envase
Serving size / Cantidad por porción (40g)

Amount Per Serving / Cantidad por porción:

Calories/Calorías 113

Total Fat / Grasas Totales 1.3g	2%
Saturated Fat / Grasas Saturadas 0g	0%
Trans Fat / Grasas Trans 0g	
Cholesterol / Colesterol 0mg	0%
Sodium / Sodio 13mg	1%
Total Carbohydrate / Carbohidratos Totales 24.4g	9%
Dietary Fiber / Fibra Dietética 2.8g	10%
Total Sugars / Azúcares Totales 17.8g	
Includes / Incluye 0g Added Sugars / Azúcar Añadida	0%
Protein / Proteína 2g	
Vitamin D / Vitamina D 0mcg	0%
Calcium / Calcio 39mg	3%
Iron / Hierro 1mg	3%
Potassium / Potasio 360mg	8%

INGREDIENTS / INGREDIENTES: BANANA (59%), MANGO (31%) AND CHIA SEEDS (10%) / BANANO (59%), MANGO (31%) Y SEMILLAS DE CHÍA (10%).

1 Bite: 8.5cm x1x1.5x1.6cm

Bag:14x9cm

Storage:
Store in a cool, dark, dry place.

Certified Kosher

BE Friendly™

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