

100% Natural Whole Food Snacks
from Veggies, Fruits & Nuts

The BEGINNINGS

2024/2025 season catalog

→ New stuff this season

→ Product categories

→ Who we are



GreatTaste® awarded company (world's most trusted food accreditation)



Only 100% natural products — a straight-forward promise that we took to heart some 20 years ago. Fast forward to 2024, our range consists of a hundred-plus products. Our ambition earned us several GreatTaste® awards, one of the world's most trusted seals of approval.

We source the ingredients ourselves, we run our own production (we run ironmans too), write our own recipes, our products tick every imaginable nutrition checkbox.

Full of flavour and nutrients by the very nature.

→ [Browse our products](#)

→ [Get in touch](#)



Meet newcomers this season!

→ [Browse 15G Protein Bars](#)



→ [Browse Strawberry Cookies](#)



→ [Browse Flapjacks](#)



Meet the whole family!

BARS

- Flapjacks
- Raw Bars
- Plant Protein Bars
- Nut Bars
- Fruit Bars for Kids
- Puffed Bars
- Non-vegan Protein Bars

COOKIES

- Almond Cookies
- Oat Cookies
- Raw Cookies

SPORTS

- 15G Protein Bars

SAVOURY SNACKS

- Granolas
- Crackers
- Chips



Protein Bars

15g protein. 0g added sugar. Packing TWICE as much protein into a single bar than our plant based alternatives (and keeping fantastic taste, ofc).

→ [Browse Protein Bars](#)

15g Protein Bar Crispy Vanilla 50g



Our most potent sports bar packing 15g of protein in ONE serving, twice as much as our plant based alternatives. No added sugar. No palm oil. No gluten. Covered in milk chocolate. Classic vanilla flavour.



Contains: Protein's blend (milk and soy protein); sweetener: maltitol; polydextrose, humectant: glycerol, cocoa butter, rapeseed oil, whole milk powder, hydrolyzed collagen, cocoa powder, whey powder, tapioca starch, flavors, emulsifier: lecithins, salt, peanuts, hazelnuts.



Palm oil free



Gluten free



15g of protein in a single serving

→ [See our plant based protein bars as well](#)

15g Protein Bar Salty Caramel 50g



Our most potent sports bar packing 15g of protein in ONE serving, twice as much as our plant based alternatives. No added sugar. No palm oil. No gluten. Covered in milk chocolate. Salty Caramel edition.

Contains: Protein's blend (milk and soy protein); sweetener: maltitol; polydextrose, humectant: glycerol, cocoa butter, rapeseed oil, whole milk powder, hydrolyzed collagen, cocoa powder, flavors, whey powder, tapioca starch, salt (0,5%), emulsifier: lecithins, peanuts, hazelnuts.



Palm oil free



Gluten free



15g of protein in a single serving

→ [See our plant based protein bars as well](#)

Flapjacks

Made from berries, chocolate and gluten free oats, chopped up and neatly packed in a convenient energy bar to get you through the day.

→ [Browse Flapjacks](#)

The **BEGINNINGS**

FlapJack blackcurrant



Delicious Oat bar full of oat flakes, which are the best natural source of energy. This berry bar is mixed with freshly blackcurrants and has a touch of summer flavor!

Contains: oat gluten free 41%, agave syrup, coconut oil, coconut sugar, black currants 5% (black currants, sugar), blueberries 5% (blueberries, sugar), sea salt.



60 g



High in fiber



Additive free



Vegan



Gluten free



RAW

Raw

The **BEGINNINGS**

FlapJack chocolate



Boost your mood and energy with cocoa oat bar!
Full of oat flakes, which are the best natural source
of energy, mixed with crunchy cacao nibs create a
complete chocolate delight.

Contains: oat gluten free 43%, agave syrup, coconut oil,
coconut sugar, cacao nibs 4%, cacao powder 1%, sea salt.



High in fiber



Additive free



Vegan



Gluten free



Raw

The **BEGINNINGS**

FlapJack caramel



Caramel + Oats is the ultimate combination of delicious bar. This caramel bar is our best-seller and our clients just can't get enough of it!

Contains: oat gluten free 43%, agave syrup, coconut oil, coconut sugar, caramel concentrate 5% (sugar, natural flavouring, salt), sea salt.



High in fiber



Additive free



Vegan



Gluten free



Raw

The **BEGINNINGS**

FlapJack pineapple & lemon



Delicious Oat bar full of oat flakes which are the best natural source of energy. This 100% natural pineapple bar is mixed with pineapples and has a touch of lemon flavor!

Contains: oat gluten free 42%, agave syrup, coconut oil, coconut sugar, pineapple 5%, lemon concentrate 5% (sugar, natural flavouring, salt), sea salt.



High in fiber



Additive free



Vegan



Gluten free



Raw

The **BEGINNINGS**

FlapJack peanut



Delicious Peanut butter bar full of oat flakes, which are the best natural source of energy mixed with peanut butter is best combination of delicious bar.
This is our favorite bar before Gym or Long run or Cycling.
Try it! Gluten free, high fiber, vegan friendly, whole food bar.

Contains: oat gluten free 42%, agave syrup, coconut oil, coconut sugar, rapeseed oil, **peanut** butter 6% (roasted **peanuts**, **peanut** oil, sea salt), roasted **peanuts** 6% (**peanuts**, **peanut** oil sea salt), sea salt, xanthan gum.



High in fiber



Additive free



Vegan



Gluten free



Raw

The **BEGINNINGS**

FlapJack protein



Crafted with the finest almonds and decadent chocolate, these irresistible bars are not only delicious but also packed with natural, palm oil-free ingredients that prioritize your well-being.

Contains: oat gluten free 27%, agave syrup, coconut sugar, coconut oil, rapeseed oil, soy protein 9% (soy protein, tapioca starch, sea salt), **almonds** 5%, green buckwheat, cacao powder 2%, xanthan gum, sea salt.



High in fiber



Additive free



Vegan



Gluten free



Raw

GreatTaste® award

Raw Berry Bars

Our best selling range of products. 100% natural goodness packing energy, nutrients and award-winning taste – all-in-one bar.

→ [Browse Berry Bars](#)

The **BEGINNINGS**

mango bar



This mango bar is infused with the tropical taste of Mango. It's fresh and juicy Caribbean flavor is combined with gluten free oats, chia seeds and passion fruit concentrate.

Contains: dates, mango dried, oats gluten free, shredded coconut, passion fruit juice concentrate, pineapple juice concentrate, chia seeds, cocoa butter, sea salt.



40 g



100% natural



Soy free



Gluten free



Palm oil free



Raw



Vegan

black currant bar



Made from Northern super berries – black currants, this berry bar is juicy, sweet and has a touch of summer flavor. Almond and coconuts add the perfect texture and nutrition boost.

Contains: dates, black currants (black currants, sugar), tapioca starch, **Almonds**, shredded coconut, oats gluten free, black currant juice concentrate, agave syrup, cocoa butter, sea salt.



100% natural



Soy free



Gluten free



Palm oil free



Raw



Vegan

The **BEGINNINGS**



brownie bar

Real RAW brownie made from almonds, cacao and fresh dates. Touch of vanilla gives perfect aftertaste and nutrition boost. Enjoy it!

Contains: dates, **Almonds**, cacao powder, agave syrup, coconut oil, vanilla, sea salt.



100% natural



Gluten free



Palm oil free



Soy free



Vegan



Raw

The **BEGINNINGS**

banana bar



This tropical banana bar is infused with creamy almond butter and cinnamon aftertaste. It is fresh, creamy and tasty. Enjoy it.

Contains: dried banana, dates, **almond** butter, oats gluten free, agave syrup, cinnamon.



100% natural



Gluten free



Palm oil free



Soy free



Vegan



Raw

The **BEGINNINGS**

papaya bar



This Papaya bar is infused with the tropical taste of Papaya. It's fresh and juicy Caribbean flavor is combined with gluten free oats, pumpkin seed and passion fruit concentrate.

Contains: dates, papaya dried 15%, orange concentrate, oats gluten free, shredded coconut, passion fruit juice concentrate, pumpkin seeds, cocoa butter, sea salt.



40 g



100% natural



Soy free



Gluten free



Palm oil free



Raw



Vegan

Plant Protein Bars

Infused with pea protein, these bars are indispensable additional to any fitness training program (or any activity really).

→ [Browse Plant Protein Bars](#)

cacao protein bar



You'll find a whole cacao bean in this protein bar mix with cacao powder and butter to create a complete chocolate delight. The intense taste of cacao perfectly combines with the crunchy coconut and creamy cashews.

Contains: dates, agave syrup, shredded coconut, **Cashew nuts, Almonds**, pea protein, cacao nibs, cacao powder, cacao butter, sea salt.



100% natural



Soy free



Gluten free



20% protein



Raw



Vegan

The **BEGINNINGS**

pineapple protein bar



This protein bar is infused with the tropical taste of pineapple. It's fresh and juicy Caribbean flavor is combined with cashews, almonds and complete plant protein.

Contains: Almonds, Cashew nuts, pineapples, agave syrup, pineapple juice concentrate, pea protein, tapioca starch, cocoa butter, passion fruit concentrate.



100% natural



Soy free



Gluten free



20% protein



Raw



Vegan

The **BEGINNINGS**



peanuts protein bar

This protein bar is made from real creamy peanut butter. Crispy almonds and roasted peanuts join in for the final texture. The peanut protein bar is packed with real plant protein. Enjoy it!

Contains: peanut butter (roasted peanuts, peanut oil, sea salt), dates, agave syrup, **almonds**, pea protein, **roasted peanuts** (peanuts, sea salt), shredded coconut.



100% natural



Soy free



Gluten free



20% protein



Raw



Vegan

coffee protein bar



You'll find a whole coffee delight in this protein bar – crunchy almonds, cocoa chocolate and coffee concentrate join together to create a complete coffee protein bar.

Contains: dates, coffee concentrate 15% (sugar, natural flavouring, salt), **almonds**, gluten free **oats**, sunflower protein 9%, chocolate (sugar, cocoa mass, cocoa butter, cocoa powder, vanilla), green buckwheat, sea salt.



40 g



100% natural



Soy free



Gluten free



20% protein



Raw



Vegan

caramel protein bar



Indulge in our latest creation - the Vegan and Natural Caramel Protein Bar, specially crafted for our health-conscious, discerning customers who crave a sweet snack without compromising on nutrition and quality.

Contains: dates, caramel concentrate 15% (sugar, natural flavouring, salt), **peanut** butter (**peanuts**, **peanut** oil, sea salt), **oats** gluten free, **soy protein** 9% (**soy protein**, tapioca starch, sea salt), chocolate (sugar, cocoa mass, cocoa butter, cocoa powder, vanilla), coconut, sea salt.



40 g



100% natural



Gluten free



20% protein



Raw



Vegan

Nut Bars

A long-overdue addition, the crunchiest bars we've done. Whole nuts tied together by agave syrup and sprinkled with seeds.

→ [Browse Nut Bars](#)

nut seed bar

This bar is full of nuts and seeds lead with healthy almonds and cashews as the #1 ingredient, providing you the nutrition your body needs with a delicious and satisfying crunch.

Ingredients: almonds, cashews, coconut sugar, agave syrup, pumpkin seeds, sunflower seeds, flaxseeds, puffed rice, peanuts (peanuts, sea salt), citric acid.



Gluten free



Vegan



Source of protein



Whole food

nut caramel bar

This bar is full of nuts and seeds lead with healthy almonds and cashews as the #1 ingredient, providing you the nutrition your body needs with a delicious and satisfying crunch.

Ingredients: almonds, cashews, coconut sugar, agave syrup, caramel concentrate (sugar, natural flavouring, salt), chocolate (sugar, cocoa mass, cocoa butter, cocoa powder, vanilla), puffed **oats**, apples, citric acid.



35 g



Gluten free



Vegan



Source of protein



Whole food

The **BEGINNINGS**

nut chocolate bar

This bar is full of nuts and seeds lead with healthy almonds and cashews as the #1 ingredient, providing you the nutrition your body needs with a delicious and satisfying crunch.

Ingredients: almonds, cashews, agave syrup, coconut sugar, puffed **oats**, chocolate (sugar, cocoa mass, cocoa butter, cocoa powder, vanilla), citric acid.



35 g



Gluten free



Vegan



Source of protein



Whole food

Fruit Bars for Kids

These bars solve sweet-tooth question once and for all. Best way to get your kids eat oats, nuts & sprouted buckwheat ;)

→ [Browse Kids Bars](#)

mango bar

These soft, delicious bars are made from real mangoes. Super healthy, natural and most important with amazing taste.

Ingredients: dates, mango dried 22%, sprouted buckwheat, **oats** gluten free, shredded coconut, passion fruit juice concentrate, pineapple juice concentrate, chia seeds, cocoa butter, sea salt.



30 g



Gluten free



Vegan



100% natural



Additive free

pineapple bar

Best snacks ever for my kids! Super healthy, natural and made from real pineapples.

Ingredients: almonds, dried pineapples 18%, **Cashew nuts**, dried natural apricots, passion fruit concentrate, **oats** gluten free, chia seeds, cocoa butter, pineapple juice concentrate 2%.



30 g



Gluten free



Vegan



100% natural



Additive free

Raw Bars with non-vegan protein

Recent (and much requested) range of bars with collagen and whey protein. Not only a great source of protein, but also of fantastic taste.

→ [Browse Protein Bars](#)

The **BEGINNINGS**

pistachio bar

with Collagen Protein



Call us Pistachio, most expensive nuts is in this bar. This protein bar is made with creamy almond paste, chocolate and few other ingredients. Great protein source of collagen protein give this bar perfect match.

Ingredients: dates 54%, **almonds** 22%, **whey** protein 7%, cocoa powder, pistachio **nuts** 5%, chocolate 5% (sugar, cocoa mass, cocoa butter, cocoa powder, vanilla), sea salt.



Raw



Source of protein



Gluten free



100% natural



Collagen protein

The **BEGINNINGS**

caramel bar

with Whey Protein



Caramel + Peanut butter + Whey protein. The ultimate combination of real protein bar. Protein bar contains whey protein, peanut butter for texture, dates to bind, plus creamy chocolate and a dash of sea salt for excellent taste. Try them before they're gone.

Ingredients: dates, caramel concentrate (sugar, natural flavouring, salt), **peanut** butter (**peanuts**, **peanut** oil, sea salt), agave syrup, **oats** gluten free, **whey** protein, shredded coconut, white chocolate (sugar, cocoa butter, **milk** powder, **whey** powder, **milk** fat, butter **milk**, natural vanilla flavouring), sea salt.



Raw



Source of protein



Gluten free



100% natural



Whey protein

The **BEGINNINGS**

pineapple bar

with Egg Protein



Our Pineapple protein bar are made with 100% natural pineapples plus creamy chocolate and few other simple ingredients – egg whites for protein, dates and almond nuts for texture. Whoever said you can't have dessert before dinner hasn't tried this bar yet.

Ingredients: dates, **almonds**, pineapples, **egg** protein, chocolate (sugar, cocoa mass, cocoa butter, cocoa powder, vanilla), cocoa powder, vanilla, orange oil, sea salt.



Raw



Source of protein



Gluten free



100% natural



Egg protein

Almond Cookies

Soft-baked, full of creamy almonds, seeds, berries, you name it. Wide range of flavors for all the crunchy cookie fans out there.

→ [Browse Almond Cookies](#)

The **BEGINNINGS**

almond cocoa cookies



A delicious cookie where the richness of almonds meets the joy of chocolate to form a scrumptious bouquet of flavours. Crunchy, filling and 100% natural.

Contains: agave syrup, **almonds**, chocolate pieces (sugar, cocoa mass, cocoa butter, cocoa powder, vanilla), rice flour, coconut milk powder, coconut oil, dried apples, baking powder, xanthan gum, sea salt.



80 g



100% natural



Gluten free



Vegan



Soft baked



Dairy free



Hand made

THE BEGINNINGS

almond pecan cookies



A delicious cookie where the richness of almonds meets the joy of pecan nuts to form a scrumptious bouquet of flavours. Crunchy, filling and 100% natural.

Contains: almonds, date syrup, rice flour, coconut milk powder, **pecan nuts**, coconut oil, dried apples, baking powder, xanthan gum, pecan nuts oil, sea salt.



80 g



100% natural



Gluten free



Vegan



Soft baked



Dairy free



Hand made

The **BEGINNINGS**

almond seed cookies



The richness of almonds meet the sweetness of natural agave, pumpkin, chia and flaxseeds to form a scrumptious bouquet of flavors. Crunchy, filling and 100% natural.

Contains: almonds, agave syrup, rice flour, coconut oil, coconut milk powder, flaxseeds brown and gold, pumpkin seeds, chia seeds, baking powder, xanthan gum, sea salt.



80 g



100% natural



Gluten free



Vegan



Soft baked



Dairy free



Hand made

The **BEGINNINGS**

almond cranberry cookies



The richness of almonds meet delicate bits of refreshing cranberries to form a smooth and filling bouquet of flavors.

Contains: almonds, agave syrup, dried cranberries (cranberries, sugar, sunflower oil), rice flour, coconut oil, coconut milk powder, dried apples, baking powder, xanthan gum, sea salt.



80 g



100% natural



Gluten free



Vegan



Soft baked



Dairy free



Hand made

almond orange cookies



A delicious cookie where the richness of almonds meets the sweetness of orange to form a delightful bouquet of flavours. Scrumptious, filling and 100% natural.

Contains: agave syrup, **almonds**, orange pieces, (orange pieces, sugar), rice flour, coconut milk powder, coconut oil, dried apples, baking powder, xanthan gum, sea salt.



80 g



100% natural



Gluten free



Vegan



Soft baked



Dairy free



Hand made

The **BEGINNINGS**

coconut berry bites



These cookies combine elegance and the exotic. Here we have five full-bodied flavours- sweetly sour inca berry, fresh and juicy black currant, tangy lemon, sweet goji berry and delicious creamy chocolate.

Contains: shredded coconut, agave syrup, lemon, cacao powder, blackcurrants, goji berries, inca berries, cacao butter, lemon juice, beetroot juice, turmeric, **almond flour.**



80 g



100% natural



Gluten free



Vegan



Slow dried



Dairy free



Hand made

Oat Cookies

Our speciality. Introduced over a decade ago, these cookies turned a new page in nutrition. Free from artificial-everything. Full of flavor.

→ [Browse Oat Cookies](#)

oat cocoa cookies



The delicate oat flavour of these cookies is embellished with crunchy cocoa beans and rich coconut flakes. Agave syrup and aromatic cocoa butter adds creamy sweetness.

Contains: oat flakes gluten free, shredded coconut, agave syrup, cocoa butter, cocoa nibs, cocoa powder, sea salt.



80 g



Dairy free



Gluten free



Palm oil free



Slow dried



Additives free



Vegan

The **BEGINNINGS**

oat blueberry cookies



The light freshness of dried blueberries enhances the nutritional richness of these oat flake cookies; beautifully rounded off with the taste of creamy cocoa butter.

Contains: oats flakes gluten free, shredded coconut, agave syrup, dried blueberries, cocoa butter, sea salt.



80 g



Dairy free



Gluten free



Palm oil free



Slow dried



Additives free



Vegan

The **BEGINNINGS**

oat strawberry cookies



Newest addition to the cookies family. Our team came up with this Strawberries Oat cookie to give you probably the best experience eating real berries cookies. Try it! 100% natural, great in morning time or before gym to get energy boost!

Contains: gluten free **oats** 32%, coconut sugar, coconut oil, rapeseed oil, strawberries concentrate 8 % (sugar, natural flavouring, salt), coconut flakes, **peanut** butter (roasted **peanuts**, **peanut** oil, sea salt), sublimated strawberries 2%, puffed **oats** gluten free 1%, sea salt, baking powder.



80 g



Dairy free



Gluten free



Palm oil free



Slow dried



Additives free



Vegan

oat caramel cookies



Newest addition to the cookies family. Our team come up with this caramel cookie to give you probably the best experience eating real oat cookie. Try it! 100% natural, great in morning time or before gym to get energy boost.

Contains: gluten free **oats** 32%, sugar, coconut oil, rapeseed oil, caramel concentrate 8% (sugar, natural flavouring, salt), coconut flakes, **peanut** butter (**peanuts**, **peanut** oil, salt), puffed **oats**, sea salt, baking powder.



80 g



Dairy free



Gluten free



Palm oil free



Slow dried



Additives free



Vegan

The **BEGINNINGS**

oat lemon cookies



Newest addition to the cookies family.
A delicious cookie where the richness of oats meets the joy of lemon flavour. 100% natural, great with a cup of tea or coffee

Contains: gluten free **oats** 32%, sugar, coconut oil, rapeseed oil, lemon fruit concentrate 8%, coconut flakes, almonds, passion fruit concentrate, sea salt, baking powder.



80 g



Dairy free



Gluten free



Palm oil free



Slow dried



Additives free



Vegan

oat protein cookies



Our team come up with this Protein oat cookie to give you boost at morning time and energy all day long. Probably the best experience eating real oat protein cookie. Try it!

Contains: gluten free **oats** 30%, coconut sugar, coffee concentrate 15% (sugar, natural flavouring, salt), rapeseed oil, soy protein 7% (soy protein, tapioca starch, sea salt) coconut oil, cocoa powder, sea salt, baking powder.



80 g



Dairy free



Gluten free



Palm oil free



Slow dried



Additives free



Vegan

GreatTaste® award

Raw Berry Cookies

The staple of raw, natural berry cookies.
The amount of berries & fruit we use in our
recipe is unrivalled. Award-winning taste!

→ [Browse Raw Cookies](#)

The **BEGINNINGS**

black currant cookies



The fresh blackcurrant flavour of summer is the main feature here, underscored by the delicate presence of apples. Healthy and crunchy coconut flakes join in and a touch of agave ensures the sweet 'n sour equilibrium is just right!

Contains: blackcurrants, shredded coconut, agave syrup, apples, **Cashews**, black currant juice concentrate.



80 g



Vegan



100% natural



Gluten free



Dairy free



Slow dried



Hand made

The **BEGINNINGS**

seaberry cookies



Luscious, tart sea-buckthorn juice combines with sweet agave and the delicate flavour of apples. The addition of crunchy coconut flakes completes the deliciously light and fresh flavour bouquet.

Contains: sea-buckthorn juice, shredded coconut, agave syrup, **Cashews**, apples, raisins.



80 g



Vegan



100% natural



Gluten free



Dairy free



Slow dried



Hand made

The **BEGINNINGS**

coconut ginger cookies



The exotic taste of ginger blends with the gentle flavour of cashew nuts. Dates add succulent sweetness, elegantly topped off by aromatic vanilla.

Contains: shredded coconut, dates, **Cashew nuts**, raisins, ginger root, vanilla pod, sea salt.



80 g



100% natural



Additive free



Gluten free



Vegan



Slow dried



Hand made

The **BEGINNINGS**

apple cookies



The juicy freshness of autumn apples is paired with the energetic tang of quince. Dried cranberries add a little colour, and agave — a little sweetness.

Contains: apples, shredded coconut, quinces, agave syrup, **Cashews**, dried raisins, dried cranberries (cranberries, sugar), quince concentrate, cinnamon.



80 g



Vegan



100% natural



Gluten free



Dairy free



Slow dried



Hand made

Seasonal Products

Every season we sweeten the festivities with special flavours. For 2024 we've refreshed the classic – gingerbread cookies!

→ [Browse Gingerbread](#)

almond gingerbread cookies



A delicious cookie where the richness of almonds meets the joy of aromatic nutmeg with warm cinnamon, the sweetness of date syrup and creating a wonderful bouquet of aromas and filling flavours. Crunchy, filling and 100% natural

Contains: almonds, coconut milk powder, date syrup, rice flour, coconut oil, molasses syrup, baking powder, cinnamon, cardamom, nutmeg, black pepper, cloves, ginger, sea salt.



80 g



100% natural



Gluten free



Vegan



Soft baked



Dairy free



Hand made

seasonal selection



A delicious cookies where the richness of almonds meets the sweetness of orange and cranberries to form a delightful bouquet of flavours. Scrumptious, filling and 100% natural.

Contains: agave syrup, **almonds**, orange pieces (orange pieces, sugar,) cranberries (cranberries, sugar), rice flour, coconut milk powder, coconut oil, dried apples, baking powder, xanthan gum, sea salt.



160 g



100% natural



Gluten free



Vegan



Soft baked



Dairy free



Hand made

Oat Granolas

Elevate your mornings with a range of nutritious gluten-free oat granolas. Infused with cranberries, mango and pecan nuts.

→ [Browse Oat Granolas](#)

The **BEGINNINGS**

oat cranberries granola



In this granola the delicate elegance of gluten free oats have been mixed together with freeze dried cranberries, flaxseeds, hazelnuts and naturally sweetened with agave syrup. Light, yet filling natural nutrition, it's prepared for easy use.

Contains: oat flakes gluten free, agave syrup, **hazelnuts**, flaxseeds, **peanut oil**, coconut chips, freeze dried cranberries, cinnamon.



200 g



100% natural



High in fiber



Gluten free



Dairy free



Soft baked



Palm oil free



Vegan

The **BEGINNINGS**

oat mango granola



In this granola the delicate elegance of gluten free oats have been mixed together with freeze dried mangos, almonds, chia seeds, coconut chips and naturally sweetened with agave syrup. Light, yet filling natural nutrition, it's prepared for easy use.

Contains: oat flakes gluten free, mango dried, agave syrup, **almonds**, chia seeds, **peanut oil**, coconut chips, vanilla.



200 g



100% natural



High in fiber



Gluten free



Dairy free



Soft baked



Palm oil free



Vegan

The **BEGINNINGS**

oat pecan granola



In this granola the delicate elegance of gluten free oats have been mixed together with pecan nuts, flaxseeds, pumpkin seeds and naturally sweetened with date syrup. Light, yet filling natural nutrition, it's prepared for easy use.

Contains: oat flakes gluten free, **pecan nuts**, flaxseeds, pumpkin seeds, coconut shredded, date syrup, **peanut oil**, sunflower seeds.



200 g



100% natural



High in fiber



Gluten free



Dairy free



Soft baked



Palm oil free



Vegan

The **BEGINNINGS**

protein strawberry granola



In this granola the delicate elegance of gluten free oats have been mixed together with freeze dried strawberries and cocoa, naturally sweetened with agave syrup. Nutritionally full of plant based pea protein. Light, yet filling natural nutrition, it's prepared for easy use.

Ingredients: oat flakes gluten free, agave syrup, flaxseeds, pea protein, cocoa nibs, cocoa powder, rapeseed oil, coconut chips, freeze dried strawberries.



200 g



100% natural



High in fiber



Gluten free



Dairy free



Soft baked



Palm oil free



Vegan

Crackers

Flour free seed crackers offering a rich mix of sunflower, pumpkin, chia, hemp & flax seeds held together by gluten free oats.

→ [Browse Crackers](#)

The **BEGINNINGS**

herb crackers



Herb seed crackers serves as an excellent complement to soups and salads and makes a natural daily snack. It contains a delicate bouquet of flavours – subtle sunflower seeds, oats gluten free, flax seeds, nutritionally dense chia seeds and dried herbs.

Contains: oats gluten free, flaxseeds, sunflower seeds, sesame seeds, dried onion, chia seeds, pumpkin seeds, rapeseed oil, basil, oregano, sea salt.



80 g



Soft baked



Gluten free



High in fiber



Source of protein



Vegan



Yeast free

The **BEGINNINGS**

seed crackers with sea salt



Seed crackers with sea salt serves as an excellent complement to soups and salads and makes a natural daily snack. It contains a delicate bouquet of flavours – subtle sunflower seeds, oats gluten free, flax seeds and nutritionally dense chia seeds.

Contains: oats gluten free, flaxseeds, sunflower seeds, sesame seeds, chia seeds, pumpkin seeds, olive oil, sea salt.



80 g



Soft baked



Gluten free



High in fiber



Source of protein



Vegan



Yeast free

The **BEGINNINGS**

hemp seed crackers



Hemp seed crackers serves as an excellent complement to soups and salads and makes a natural daily snack. It contains a delicate bouquet of flavours – subtle sunflower seeds, oats gluten free, flax seeds and nutritionally dense hemp seeds.

Contains: hemp seeds shelled, oats gluten free, flaxseeds, sunflower seeds, sesame seeds, chia seeds, pumpkin seeds, rapeseed oil, sea salt.



80 g



Soft baked



Gluten free



High in fiber



Source of protein



Vegan



Yeast free

The **BEGINNINGS**

protein crackers



Protein crackers as an excellent complement to soups and salads and makes a natural daily snack. It contains a delicate bouquet of flavours – sprouted green buckwheat, dried tomatoes, herbs and best plant protein – pea protein.

Ingredients: carrots, **almonds**, green buckwheat, flaxseeds, dried tomatoes, pea protein , dried onions, garlic, basil, oregano, sea salt.



80 g



100% natural



Gluten free



Sugar free



Additive free



Slow dried



Vegan

tomato crackers



Tomato crackers as an excellent complement to soups and salads and makes a natural daily snack. It contains a delicate bouquet of flavours – sprouted green buckwheat, dried tomatoes and herbs.

Ingredients: dried tomatoes (dried tomatoes, sunflower oil, capper, salt) flaxseeds, carrots, sprouted buckwheat, rapeseed oil, hot paprika, dried basil.



80 g



100% natural



Gluten free



Sugar free



Additive free



Slow dried



Vegan

The **BEGINNINGS**

pumpkin crackers



This pumpkin crackers are light but filling. The delicate taste of pumpkin is flavoured with crunchy flaxseeds and a selection of herbs and spices. Crackers are an excellent complement to soups and salads or makes a healthy daily snack.

Contains: pumpkin, flaxseeds, sunflower seeds, pumpkin seeds, garlic, sea salt, oregano.



80 g



100% natural



Gluten free



Sugar free



Additive free



Slow dried



Vegan

almond crackers



Seed crackers serve as an excellent complement to soups and salads and makes a healthy daily snack. It contains a delicate bouquet of flavours – subtle sunflower seeds mixed with filling almonds and refreshing herbs and spices.

Contains: almonds, sunflower seeds, tomatoes, flaxseeds, dill, sea salt, parsley, cumin, thyme, oregano, basil.



80 g



100% natural



Gluten free



Sugar free



Additive free



Slow dried



Vegan

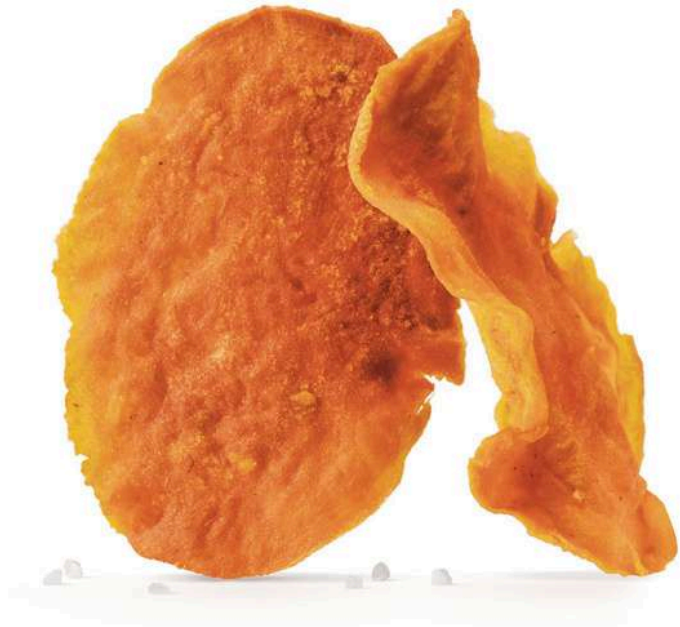
Veggie Chips

We pick finest kale, beetroot and pumpkins for our chips. Slow dried, nutritious, filled with vitamins and fiber.

→ [Browse Veggie Chips](#)

The **BEGINNINGS**

sweet potato chips



These sweet potato chips have been prepared at a soft temperature which allows them to retain all their natural goodness. The potato chips taste has been enhanced with a hot paper. A colourful, healthy snack for young and old.

Contains: sweet potato, olive oil, sea salt, garlic, paprika.



40 g



100% natural



Additive free



Soft baked



High fiber



Gluten free



Low salt

The **BEGINNINGS**

beetroot chips with cashews



These beetroot chips have been prepared at a low temperature which allows them to retain all their natural goodness. The sweet beetroot taste has been enhanced with a savoury sauce and mustard seeds. A colourful, healthy snack for young and old.

Contains: red beetroot, olive oil, raisins, apple cider vinegar, **Cashews**, mustard seeds, sea salt.



50 g



100% natural



Additive free



Slow dried



High fiber



Gluten free



Low salt

The **BEGINNINGS**

kale chips with lemongrass



These kale chips have been prepared at a low temperature which allows them to retain all their natural goodness. The pleasant fresh bouquet of flavours in the kale leaves is enhanced by the aromatic lemongrass, cashew nuts and lemon juice.

Contains: kale, **cashew nuts**, dates, olive oil, lemon juice, lemongrass.



30 g



100% natural



Additive free



Slow dried



High fiber



Gluten free



Low salt

Let us together begin a fruitful partnership

Nitesh Shewekramani

Official exclusive Poland distributor for The Beginnings

Mobile: +48 501 594 640

Email: nitesh@first-edition.pl



The **BEGINNINGS**