

# HERO™

My name is Walter Abrams. I am a classically trained chef who has devoted life to health and fitness. I developed a Raw Energy Snack made from the finest ingredients available. It is raw, gluten free, paleo, & packed full of nutrients, vitamins, and antioxidants. This whole food bar is executed with the most wholesome techniques and standards that I have used while working in some of the greatest kitchens around the globe. My goal is to share this delicious and nutritious snack, which I love to eat, with the fitness community.

## Mission

At **Apicius Nutrition** our mission is to add a real food product to the market without gimmicks and to educate people on healthy eating habits that taste great.

**Apicius Nutrition** strives to deliver a great snack through collaboration with local farmers in your region and superb customer service. We care about our planet and want to deliver a product with environmentally sustainable packaging.

**HERO™** is a whole food bar made from raw organic vegetables, fruits, nuts and seeds sourced from local farmers. It does not contain any ingredients that are harmful to heart health and has no preservatives. It is packaged in a plastic pouch under a 100% oxygen removed vacuum.

## TEAM

**Aaron Bellizzi** : Philadelphia native and has been cooking at a professional level since 2000. He holds a BA from The Culinary Institute of America.

**Chris Santaniello** : Crossfit coach and active athlete with an avid appreciation for quality food and service.



## Nutrition Facts

Serving Size 1 bar (65g)  
Servings Per Container 1  
Calories 260  
Calories from Fat 130

\*Percent Daily Values are based on a 2,000 calorie diet.

Amount / Serving	%Daily Value*	Amount / Serving	%Daily Value*
<b>Total Fat</b> 15g	<b>23%</b>	<b>Potassium</b> 420mg	<b>12%</b>
Saturated Fat 5g	25%	<b>Total Carbohydrate</b> 29g	<b>10%</b>
Trans Fat 0g		Dietary Fiber 4g	16%
<b>Cholesterol</b> 0mg	<b>0%</b>	Sugars 18g	
<b>Sodium</b> 100mg	<b>4%</b>	<b>Protein</b> 6g	
Vitamin A 30%	• Vitamin C 25%	Calcium 4%	• Iron 10%
Magnesium 25%			

**INGREDIENTS:** Raw Cashews, Dried Apricots, Date Paste, Raw Honey, Raw Pumpkin Seeds, Raw Cashew Butter, Raw Sunflower Seeds, Coconut Oil, Freeze Dried Kale, Coconut, Raw Cacao Powder, Flax Seeds, Chia Seeds, and Sea Salt.

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