

# About naanu cookies

Naanu it's not just a cookie!

A single cookie provides 100% of the daily requirements of Vitamin B12, Vitamin D and Omega 3 as well as a high source of Iron, Calcium, Zinc, and Fiber.

We offer 3 flavours of naanu: Chocolate Chips, Double Chocolate, and Peanut Butter and Chocolate Chips. The base of our naanu is the same throughout all of them, we've only adapted the amounts of ingredients a little where we needed to make our flavors taste better.

We embrace a natural & eco-friendly lifestyle by using ingredients without chemicals, colorants and added flavours, free from palm oil, and the packaging is sustainable (recyclable/ biodegradable).

Moreover, following the recommendations of the World Health Organisation to reduce the consumption of free sugars and the requests of many of our customers, we have formulated a no-added-sugar version of our naanu, available for all tastes.

After several tests, we decide to use dates as a natural sweetener. The No-Added-Sugar naanu contains 32-45% less sugar compared to our classic one and is higher in fiber, antioxidants, and minerals. Dates also have a lower glycemic index compared to normal sugar, which causes blood sugar to rise at a slower and steadier pace, offering a better alternative for people with type II diabetes.

The naanu can be purchased on our [shop online](#), by monthly subscription for the price of 59 CHF per month, or one-off for 69 CHF (pack of 30 cookies, 750 gr).