

INGREDIENTS: Rolled Oats, Brown Sugar, Honey, Raisin with Oil Coating (Soybean and Cottonseed Oil), Canola Oil, Almonds, Cashews, Flax Seed, Sunflower Seeds, Pumpkin Seeds, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Infused Dried Cherries (Red Tart Pitted Cherries, Sugar, Sunflower Oil), Maple Syrup, Cinnamon, Natural Vanilla Flavor.

Contains: Almonds and Cashews

Nutrition Facts	
Serving Size 1/3 cup (40g)	
Servings Per Container about 8	
Amount Per Serving	
Calories 170	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	