

Nutrition Facts

about 9 servings per container
Serving size 1/4 Cup (30g)

Amount per serving

Calories 140

	%Daily Value*
Total Fat 4g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.4mg	7%
Potassium 143mg	4%

*The % Daily Value 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: Rolled oats, almonds, raw cane sugar, cane juice molasses, honey, salt, coconut oil and tapioca syrup.

ALLERGY INFORMATION: This product was manufactured on shared equipment that processes tree nuts.