



**Ingredients** Whole Rolled Oats, Milled Cane Sugar, Molasses, Cornstarch, Honey, Fruit Juice Concentrate (Pear and Peach Juice), Natural Flavor, Freeze Dried Strawberries, Freeze Dried Raspberries, Cardamom Seed, Fennel Seed, Fenugreek Seed, Nutmeg.

MAY CONTAIN TREE NUTS, WHEAT AND SOY.

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
	Serv. Size 1/2 cup (55g) <b>Calories</b> 220 <b>Fat Cal.</b> 25	<b>Total Fat</b> 2.5g	4%	<b>Total Carb.</b> 44g
	Sat Fat 0g	0%	Dietary Fiber 4g	17%
	Trans Fat 0g		Sugars 11g	
	<b>Cholest.</b> 0mg	0%	<b>Protein</b> 6g	
	<b>Sodium</b> 15mg	1%		
	Vitamin A 0%	Vitamin C 2%	Calcium 2%	Iron 15%

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