



**Ingredients** Whole Rolled Oats, Milled Cane Sugar, Vegetable Oil (Canola and/or Safflower and/or Sunflower Oil), Rice Flour, Cornstarch, Flax Seed, Honey, Freeze Dried Strawberries, Hemp Seed, Salt, Natural Flavor, Barley Malt Syrup, 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 3/4 cup (55g) <b>Calories</b> 250 <b>Fat Cal.</b> 70	<b>Total Fat</b> 8g	12%	<b>Total Carb.</b> 40g
	Sat Fat 1g	4%	Dietary Fiber 3g	14%
	Trans Fat 0g		Sugars 15g	
	<b>Cholest.</b> 0mg	0%	<b>Protein</b> 5g	
	<b>Sodium</b> 60mg	3%		
	Vitamin A 0%	Vitamin C 4%	Calcium 2%	Iron 8%

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

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