



Ingredients Whole Rolled Oats, Milled Cane Sugar, Molasses, Cornstarch, Dried Apples (Apples [Erythorbic Acid, Citric Acid, Sodium Chloride, Calcium Chloride] as preservatives), Cinnamon Bark, Fruit Juice Concentrate (Pear and Peach Juice), Honey, Natural Flavor, Cardamom Seed, Fennel Seed, Fenugreek Seed, Nutmeg.

MAY CONTAIN TREE NUTS, WHEAT AND SOY.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size 1/2 cup (55g)	Total Fat 2.5g	4%	Total Carb. 43g	14%
Calories 210	Sat Fat 0g	0%	Dietary Fiber 4g	16%
Fat Cal. 20	Trans Fat 0g		Sugars 15g	
	Cholest. 0mg	0%	Protein 6g	
	Sodium 25mg	1%		
	Vitamin A 0%	Vitamin C 0%	Calcium 10%	Iron 15%

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

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