



Ingredients Whole Rolled Oats, Milled Cane Sugar, Rice Flour, Vegetable Oil (Canola and/or Safflower and/or Sunflower Oil), Maple Syrup, Pecans, Natural Flavor, Salt, Barley Malt Syrup, Cinnamon Bark, Ginger Root, Cardamom Seed, Black Pepper, Clove Bud.

CONTAINS: PECANS.
MAY CONTAIN OTHER TREE NUTS, WHEAT AND SOY.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. Size 2/3 cup (55g)			
Calories 250				
Fat Cal. 70				
	Total Fat 8g	13%	Total Carb. 39g	13%
	Sat Fat 1g	4%	Dietary Fiber 3g	14%
	Trans Fat 0g		Sugars 14g	
	Cholest. 0mg	0%	Protein 6g	
	Sodium 70mg	3%		
	Vitamin A 0%		Vitamin C 0%	
	Calcium 2%		Iron 8%	

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

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