

INGREDIENTS: Rolled Oats, Brown Sugar, Honey, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Almonds, Canola Oil, Sunflower Seeds, Flax Seed, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin {emulsifier}, Natural Vanilla Extract), Yogurt (Grade A Pasteurized Skimmed Milk, Live Active Yogurt Cultures {L. Bulgaricu, S. Thermophilus, L. Acidophilus}), Cocoa (processed with alkali), Maple Syrup, Natural Vanilla Flavor.

Contains Milk, Soy, Almonds.

Nutrition Facts	
Serving Size 1/3 cup (40g)	
Servings Per Container about 8	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 4g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	