

INGREDIENTS: Rolled Oats, Brown Sugar, Honey, Raisins (Raisins, Soybean and Cottonseed Oil), Pumpkin Seeds, Canola Oil, Almonds, Cashews, Flax Seed, Sunflower Seeds, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Infused Cultivated Blueberries (Blueberry, High Fructose Corn Syrup, Glycerol, Safflower Oil, Citric Acid, Calcium Lactate, Potassium Sorbate, Natural Blueberry Flavor), Infused Dried Cherries (Red Tart Pitted Cherries, Sugar, Sunflower Oil), Natural Vanilla Flavor, Maple Syrup, Partially Hydrogenated Winterized Soybean Oil, Soy Lecithin.

Contains: Soy, Almonds, Cashews and Wheat Ingredients.

Nutrition Facts	
Serving Size 1/3 cup (40g)	
Servings Per Container 3	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 10%
*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	