

# #1 Toasted Black Sesame Oatmeal



**Ingredients:** Gluten-free oats\*, ground black sesame seeds\*, erythritol\*, black soybean powder\*, almond flour\*, hemp seeds\*, flaxseed\*, chopped walnuts\*, chia seeds\*, stevia leaf extract\*. \*Organic

**Allergen Information:** Contains soy, almond, and walnut.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	1 servings per container Serving size 1 Container (50g) Calories per serving <b>220</b>	<b>Total Fat</b> 13g		<b>17%</b>		Dietary Fiber 5g		<b>18%</b>
Saturated Fat 1.58g			<b>8%</b>		Total Sugars < 1g		<b>0%</b>	
Trans Fat 0g					Includes 0g Added Sugars		<b>0%</b>	
<b>Cholesterol</b> 0mg			<b>0%</b>		Sugar Alcohol 7g			
<b>Sodium</b> 10mg			<b>0%</b>		<b>Protein</b> 8g		<b>16%</b>	
<b>Total Carbohydrate</b> 26g			<b>9%</b>					
Vitamin D 0mcg		0%	• Calcium 206mg	15%	• Iron 3.76mg	20%		
Potassium 116mg		2%						

# #2 Taro Bubble Tea Oatmeal



**Ingredients:** Gluten-free oats\*, taro powder\*, coconut milk powder\*, erythritol\*, almond flour\*, hemp seeds\*, flaxseed\*, chia seeds\*, black tea powder\*, stevia leaf extract\*, blueberry powder\*. \*Organic

**Allergen Information:** Contains coconut and almond.

**Caffeine Per Serving:** 47mg, about 1/2cup of coffee.

## Nutrition Facts

1 servings per container  
**Serving size**  
 1 Container (50g)  
**Calories**  
 per serving **200**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>	Dietary Fiber 6g	<b>21%</b>
Saturated Fat 2.57g	13%	Total Sugars 1g	
Trans Fat 0g		Includes 0g Added Sugars	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	Sugar Alcohol 3g	
<b>Sodium</b> 0mg	<b>0%</b>	<b>Protein</b> 5g	<b>10%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>		
Vitamin D 0mcg	0%	Calcium 34.73mg	2%
Potassium 187mg	4%	Iron 1.57mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# #3 Matcha Latte Oatmeal



**Ingredients:** Gluten-free oats\*, coconut milk powder\*, erythritol\*, almond flour\*, hemp seeds\*, flaxseed\*, matcha green tea powder\*, stevia leaf extract\*. \*Organic

**Allergen Information:** Contains coconut and almond.

**Caffeine Per Serving:** 11-17mg, about 1/6cup of coffee.

## Nutrition Facts

1 servings per container  
**Serving size**  
 1 Container (50g)  
**Calories**  
 per serving **200**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>	Dietary Fiber 3g	<b>11%</b>
Saturated Fat 6.79g	<b>34%</b>	Total Sugars 2g	
<i>Trans Fat</i> 0g		Includes 0g Added Sugars	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	Sugar Alcohol 8g	
<b>Sodium</b> 0mg	<b>0%</b>	<b>Protein</b> 5g	<b>10%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>		
Vitamin D 0mcg	0%	Calcium 25.02mg	2%
Potassium 280mg	6%	Iron 1.7mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.