

NUTRITIONAL FACTS

Nutrition Facts

1 servings per container

Serving size:
1 oz (28g)

Amount per serving

Calories 110

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4.5g	6%	Total Carbohydrate 17g	6%
Saturated Fat 0.5g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Sugars 4g	
Cholesterol 0mg	0%	Includes 2g Added Sugars	2%
Sodium 45mg	3%	Protein 3g	
Vitamin D 0mcg 0% · Calcium 15 mg 2% · Iron 0.9mg 6% · Potassium 60mg 0.5%			

*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.

INGREDIENTS: ROLLED OATS, BROWN RICE SYRUP, DRIED APPLES, ALMONDS, EXPELLER PRESSED SUNFLOWER OIL, RICE CRISP (BROWN RICE FLOUR), PUMPKIN SEEDS, SUNFLOWER SEEDS, PEA PROTEIN CRISP (PEA PROTEIN, RICE FLOUR, RICE STARCH), ORGANIC WHITE CHOCOLATE CHIPS (ORGANIC COCOA BUTTER, ORGANIC RICE POWDER, RICE SYRUP POWDER, RICE STARCH, RICE FLOUR), ORGANIC CANE SUGAR, DATE POWDER, CINNAMON POWDER, NATURAL FLAVORS, SUNFLOWER LECITHIN, SALT.

CONTAINS: TREE NUTS | PACKAGED IN THE SAME FACILITY AS PEANUTS, TREE NUTS, SOY, AND EGG.

CAUTION: MAY CONTAIN PIECES OF NUT SHELLS OR NUT SHELL FRAGMENTS

NUTRITIONAL FACTS

Nutrition Facts

1 serving per container

Serving size:
1oz (28g)

Amount per serving

Calories 110

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3g	4%	Total Carbohydrate 19g	7%
Saturated Fat 1.5g	7%	Dietary Fiber 1g	5%
<i>Trans Fat</i> 0g		Sugars 6g	
Cholesterol 0mg	0%	Includes 6g Added Sugars	11%
Sodium 40mg	2%	Protein 2g	
Vitamin D 0.2mcg 0% • Calcium 20mg 0% • Iron 0.7mg 4% • Potassium 50mg 0%			

*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.

INGREDIENTS: GLUTEN FREE ROLLED OATS, BROWN RICE SYRUP, VEGAN MARSHMALLOWS (TAPIOCA SYRUP, CANE SUGAR, FILTERED WATER, TAPIOCA STARCH, CARRAGEENAN, SOY PROTEIN, NATURAL VANILLA FLAVOR), ORGANIC EXPELLER PRESSED SUNFLOWER OIL, GLUTEN FREE GRAHAM COOKIES (GLUTEN FREE BAKING FLOUR (SWEET WHITE RICE FLOUR, WHOLE GRAIN BROWN RICE FLOUR, POTATO STARCH, WHOLE GRAIN SORGHUM FLOUR, TAPIOCA FLOUR, XANTHAN GUM), OAT FLOUR (WHOLE GRAIN OATS), EXPELLER PRESSED SUNFLOWER OIL, PURE HONEY, ORGANIC AGAVE SYRUP, WATER, DATE POWDER, CINNAMON POWDER, BAKING SODA, DRIED ROSEMARY LEAVES, NATURAL FLAVORS, AND SALT), RICE CRISP (BROWN RICE FLOUR), PEA CRISP (PEA PROTEIN, RICE FLOUR, RICE STARCH), DAIRY FREE SEMI-SWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SUNFLOWER LECITHIN (EMULSIFIER), VANILLA (EXTRACT), ORGANIC DICED MEDJOO DATES (DATES, GLUTEN-FREE OAT FLOUR), ORGANIC DATE POWDER, SUNFLOWER LECITHIN, CINNAMON POWDER, NATURAL FLAVORS, AND SALT.

CONTAINS: SOY | PACKAGED IN THE SAME FACILITY AS PEANUTS, TREE NUTS, SOY, MILK AND EGG.

CAUTION: MAY CONTAIN PIECES OF NUT SHELLS OR NUT SHELL FRAGMENTS