

NUTRITIONAL FACTS

Nutrition Facts

1 serving per container

Serving size:
1oz (28g)

Amount per serving

Calories 120

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3.5g	4%	Total Carbohydrate 18g	7%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Sugars 6g	
Cholesterol 0mg	0%	Includes 2g Added Sugars	4%
Sodium 45mg	2%	Protein 3g	
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.8mg 4% • Potassium 20mg 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: ROLLED OATS, BROWN RICE SYRUP, SUNFLOWER OIL, DRIED BLUEBERRIES, LEMON BITS (LEMON JUICE, APPLE PUREE, SUGAR, FRUCTOSE SYRUP, RICE FLOUR, COCOA BUTTER, PECTIN, LEMON EXTRACT), ORGANIC BROWN RICE CRISPS, ORGANIC CANE SUGAR, SUNFLOWER SEEDS, PUMPKIN SEEDS, PEA PROTEIN CRISP, DATE SUGAR, SALT, NATURAL AND ARTIFICIAL FLAVORS, SUNFLOWER LECITHIN

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

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

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1 serving per container

Serving size:
1 oz (28g)

Amount per serving

Calories 100

Amount/serving % Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 42mg **2%**

Vitamin D 0mcg 0% • Calcium 13mg 0% • Iron 1mg 4% • Potassium 62mg 1%

*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.

Amount/serving % Daily Value*

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **5%**

Sugars 6g

Includes 5g Added Sugars **9%**

Protein 3g

INGREDIENTS: GLUTEN FREE ROLLED OATS, BROWN RICE SYRUP, ROASTED PEANUTS, ORGANIC VEGAN SEMI-SWEET DARK CHOCOLATE CHIPS (ORGANIC CANE SUGAR, ORGANIC CHOCOLATE LIQUOR AND ORGANIC COCOA BUTTER (VEGAN)), ORGANIC EXPELLER PRESSED SUNFLOWER OIL, RICE CRISP (BROWN RICE FLOUR), ROASTED PUMPKIN KERNELS, ROASTED SUNFLOWER KERNELS, ORGANIC DATE POWDER, PEA CRISP (PEA PROTEIN, RICE FLOUR, RICE STARCH), ORGANIC DICED MEDJOL DATES (DATES, GLUTEN-FREE OAT FLOUR), SUNFLOWER LECITHIN, NATURAL FLAVORS, AND SALT.
CONTAINS: TREE NUTS AND PEANUTS | PACKAGED IN THE SAME FACILITY AS PEANUTS, TREE NUTS, SOY, MILK AND EGG.

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