

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 37g	13%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 14g Added Sugars	28%
Protein 10g	20%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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:

100% whole grain wheat flour, 100% whole grain oat flour, maple syrup, palm oil, brown sugar, wheat protein isolate, whey protein concentrate, milk protein concentrate, leavening (monocalcium phosphate, baking soda), natural flavor, buttermilk, sea salt.