

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 10g Added Sugars	20%
Protein 12g	24%
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 rolled oats, pea protein concentrate with tapioca starch, cane sugar, milk protein concentrate, brown sugar, maple syrup, whey protein isolate with sunflower lecithin, sea salt, natural flavors.

Contains milk. Also contains trace amounts of egg, soy, peanuts, tree nuts, and wheat due to processing on shared equipment.