

Nutrition Facts

Serving size

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 7g	14%

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, tapioca syrup, whey protein crisp (whey protein isolate, whey protein concentrate, tapioca starch), 100% whole grain brown rice, pea protein with rice starch, semisweet chocolate chips (sugar unsweetened chocolate, cocoa butter, dextrose, sunflower lecithin), cane sugar, almond butter (almonds), soluble tapioca fiber, sunflower oil, natural flavors, sunflower lecithin, salt.

Contains almond and milk. Due to processing on shared equipment, contains trace amounts of egg, peanuts, soy, and tree nuts.