OATMEAL: MAPLE + RAISIN

Nutrition	Amount/serving	% Daily Value*	Amount/serving %	Daily Value*
	Total Fat 8g	10%	Total Carbohydrate 35g	13%
Facts	Saturated Fat 1g	5%	Dietary Fiber 5g	18%
	Trans Fat 0g		Total Sugars 13g	
1 serving per container Serving size (60g)	Cholesterol 0mg	0%	Includes 7g Added Suga	rs 14%
Calories per serving 240	Sodium 180mg	8%	Protein 10g	11%
	Vitamin D 0mcg 0% • Calcium 51mg 4% • Iron 2mg 10% Potassium 304mg 6%			
	*The % Daily Value 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: CERTIFIED GLUTEN FREE OATS, RAISINS, MAPLE SUGAR, HEMP SEED HEARTS, SUNFLOWER SEEDS, FAVA BEAN PROTEIN, FLAXSEED, CINNAMON, SEA SALT.

PEANUTS AND TREE NUTS ARE PRESENT IN OUR FACILITY. u.090222