









-  **100% WHOLE GRAIN**
-  **3G FIBER**
-  **NOTHING ARTIFICIAL**
-  **GLUTEN FREE**
-  **NON-GMO**
-  **KOSHER**
-  **VEGAN**
-  **BPA-FREE POUCH**

## Nutrition Facts

Serving Size 1 pouch (120g)

---

**Amount Per Serving**

**Calories 110**    Calories from Fat 20

---

	% Daily Value*
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 2g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Potassium</b> 160mg	<b>4%</b>
<b>Total Carbohydrate</b> 20g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 11g	
<b>Protein</b> 2g	
<hr/>	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

## INGREDIENTS

Oatmeal, (Water, Gluten Free Oats), Raspberry, Banana, Apple, Apple Juice Concentrate, Unsweetened Coconut Shreds, Ground Flax, Natural Raspberry Flavor, Citric Acid, Ascorbic Acid (Vitamin C).