

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 16g	
Includes 14g Added Sugars	28%
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 wheat flour, 100% whole grain oat flour, maple syrup, brown sugar, palm oil, vital wheat gluten, nonfat dry milk, honey powder (honey, wheat starch), whey protein concentrate, natural flavor, milk protein concentrate, leavening (monocalcium phosphate, baking soda), blueberries, sea salt.

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