

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	230
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 14g	<b>28%</b>
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, peanut, soy, tree nuts, and wheat due to processing on shared equipment.