

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	10%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 11g Added Sugars	22%
Protein 14g	28%
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 oats, cane sugar, pea protein concentrate with tapioca starch, milk protein concentrate, whey protein isolate with sunflower lecithin, blueberries, sea salt, cream, natural flavor, citric acid.

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