

Nutrition Facts

Serving size

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 31g **11%**

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 9g Added Sugars **18%**

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 rolled oats, pea protein concentrate, with tapioca starch, cane sugar, brown sugar, milk protein concentrate, whey protein isolate with sunflower lecithin, sea salt, natural flavor, cinnamon.

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