

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 31g	11%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.9mg	10%
Potassium 240mg	6%
*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:

Whole grain oats, honey, roasted soybeans, expeller pressed canola oil, soy crisps (soy protein isolate, rice starch), dried cranberries (cranberries, cane sugar, vegetable glycerin), sunflower seeds, soy protein isolate, cinnamon, ground flax seeds, natural flavor.

Contains: SOY, TREE NUTS