

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 7g	14%
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, tapioca syrup, whey protein crisp (whey protein isolate, whey protein concentrate, tapioca starch), pea protein with rice starch, 100% whole grain brown rice, semisweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, sunflower lecithin), marshmallows (tapioca syrup, cane sugar, water, tapioca starch, carrageenan, soy protein, natural flavor), cane sugar, almond butter (almonds), soluble tapioca fiber, sunflower oil, lecithin, natural flavor, salt.

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