

# MUSH

## WE'RE NOT REGULAR OATS. WE'RE COOLER.

SOAKED COLD SO YOU  
CAN ABSORB ALL THE  
BENEFITS.

REAL INGREDIENTS

READY-TO-EAT

GLUTEN-FREE

DAIRY-FREE

GRAB 'N GO



FOR MORE INFORMATION CONTACT

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Small Format  
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**UNIT SIZE**

5oz

**PERISHABLE**

REQUIRES  
REFRIGERATED  
STORAGE

**CASE PACK SIZE**

8 units

# MUSH

## LIKE OATMEAL. BUT COOLER.

WOMEN  
OWNED

### VANILLA BEAN

**INGREDIENTS:** Almond Milk (Water, Almonds), Rolled Oats, Dates, Vanilla Extract, Sea Salt.  
**CONTAINS:** ALMOND.



**NUTRITION  
FACTS**

**210  
CALORIES**

**NET WT.  
5oz (141g)**

**Serv. Size: 1 Container (141g),**  
Amount Per Serving: **Calories 210,**  
**Total Fat** 6g (8% DV), **Sat. Fat** 0.5g (2.5% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 120mg (5% DV), **Total Carb.** 33g (12% DV), **Fiber** 5g (18% DV), **Total Sugars** 10g (Incl. 0g Added Sugars, 0% DV), **Protein** 6g (12% DV), **Vit. D** 0mcg (0% DV), **Calcium** 40mg (3% DV), **Iron** 1.6mg (9% DV), **Potas.** 260mg (6% DV).

\*PERCENT DAILY VALUES (DV)  
BASED ON 2,000 CALORIE DIET



### APPLE CINNAMON

**INGREDIENTS:** Almond Milk (Water, Almonds), Rolled Oats, Dried Apples (Apples, Apple Juice Concentrate), Cinnamon, Sea Salt. **CONTAINS:** ALMOND.



**NUTRITION  
FACTS**

**200  
CALORIES**

**NET WT.  
5oz (141g)**

**Serv. Size: 1 Container (141g),**  
Amount Per Serving: **Calories 200,**  
**Total Fat** 6g (8% DV), **Sat. Fat** 0.5g (2.5% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 120mg (5% DV), **Total Carb.** 31g (11% DV), **Fiber** 5g (18% DV), **Total Sugars** 8g (Incl. 0g Added Sugars, 0% DV), **Protein** 6g (12% DV), **Vit. D** 0mcg (0% DV), **Calcium** 40mg (3% DV), **Iron** 1.6mg (9% DV), **Potas.** 180mg (4% DV).

\*PERCENT DAILY VALUES (DV)  
BASED ON 2,000 CALORIE DIET



### DARK CHOCOLATE

**INGREDIENTS:** Almond Milk (Water, Almonds), Rolled Oats, Dates, Cocoa Powder, Sea Salt. **CONTAINS:** ALMOND.



**NUTRITION  
FACTS**

**220  
CALORIES**

**NET WT.  
5oz (141g)**

**Serv. Size: 1 Container (141g),**  
Amount Per Serving: **Calories 220,**  
**Total Fat** 7g (9% DV), **Sat. Fat** 1g (5% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 115mg (5% DV), **Total Carb.** 33g (12% DV), **Fiber** 5g (18% DV), **Total Sugars** 10g (Incl. 0g Added Sugars, 0% DV), **Protein** 7g (14% DV), **Vit. D** 0mcg (0% DV), **Calcium** 50mg (4% DV), **Iron** 3.2mg (18% DV), **Potas.** 360mg (8% DV).

\*PERCENT DAILY VALUES (DV)  
BASED ON 2,000 CALORIE DIET



### PEANUT BUTTER

**INGREDIENTS:** Oat Milk (Water, Oats), Peanuts, Rolled Oats, Dates, Sea Salt. **CONTAINS:** PEANUT.



**NUTRITION  
FACTS**

**240  
CALORIES**

**NET WT.  
5oz (141g)**

**Serv. Size: 1 Container (141g),**  
Amount Per Serving: **Calories 240,**  
**Total Fat** 9g (12% DV), **Sat. Fat** 2g (9% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 340mg (15% DV), **Total Carb.** 31g (11% DV), **Fiber** 5g (18% DV), **Total Sugars** 12g (Incl. 0g Added Sugars, 0% DV), **Protein** 11g (23% DV), **Vit. D** 0mcg (0% DV), **Calcium** 30mg (2% DV), **Iron** 1.4mg (8% DV), **Potas.** 290mg (6% DV).

\*PERCENT DAILY VALUES (DV)  
BASED ON 2,000 CALORIE DIET



### BLUEBERRY

**INGREDIENTS:** Coconut Milk (Water, Coconut), Rolled Oats, Dried Blueberries (Blueberries, Apple Juice Concentrate), Sea Salt. **CONTAINS:** COCONUT.



**NUTRITION  
FACTS**

**200  
CALORIES**

**NET WT.  
5oz (141g)**

**Serv. Size: 1 Container (141g),**  
Amount Per Serving: **Calories 200,**  
**Total Fat** 7g (9% DV), **Sat. Fat** 5g (25% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 130mg (6% DV), **Total Carb.** 30g (11% DV), **Fiber** 4g (14% DV), **Total Sugars** 8g (Incl. 0g Added Sugars, 0% DV), **Protein** 5g (10% DV), **Vit. D** 0mcg (0% DV), **Calcium** 0mg (0% DV), **Iron** 1.4mg (8% DV), **Potas.** 180mg (4% DV).

\*PERCENT DAILY VALUES (DV)  
BASED ON 2,000 CALORIE DIET



## NO ARTIFICIAL ANYTHING



KOSHER



NON GMO



DAIRY FREE



GLUTEN FREE



PROTEIN