



Nutrition Facts	
4 servings per container	
Serving size 1 cup (237mL)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 14g	6%
Dietary Fiber 1g	4%
Total Sugars 6g	
Incl. 6g Added Sugars	12%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 273mg	20%
Iron 0mg	0%
Potassium 118mg	2%
Phosphorus 0mg	0%
*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.	

NON
GMO

CANOLA OIL
FREE

PHOSPHATE
FREE

CARRAGEENAN
FREE

VEGAN

**INGREDIENTS: WATER, ORGANIC OATS,
LESS THAN 2% OF: ORGANIC CANE SUGAR, ORGANIC
SUNFLOWER OIL, ORGANIC OAT PROTEIN, ORGANIC OAT
BETA GLUCAN, CALCIUM CARBONATE, SEA SALT,
POTASSIUM CITRATE, GELLAN GUM.**