



Oatmeal Mixer

Ingredients: Cranberries (Sugar, Sunflower Oil), Black Raisins (Sunflower Oil), Blueberries (Sucrose, Sunflower Oil), Coconut Medium, Coconut Flake, Raw Sliced Almonds, Raw Walnuts, Chia Seeds, Brown Flax Seeds

Country of Origin: USA

Kosher: 

Organic: N/A

Allergen: Tree Nut

Manufacturer's Statement: Manufactured in a facility that processes/packages products that contain peanuts, tree nuts, milk, soy & wheat.

Nutritional Facts

Serving Size	30g	
Calories	140	
		% DV*
Total Fat	9g	14%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	16g	5%
Dietary Fiber	3g	12%
Total Sugars	11g	
Includes Added Sugar	6g	12%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	29mg	3%
Iron	1mg	6%
Potassium	93mg	3%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.