

Nutrition Facts

Serving Size: 1 Pouch (84g)

Servings Per Container: 1

Amount Per Serving	Mix	w/ 1cup nonfat milk
Calories	310	410
Calories from Fat	60	60

	% Daily Value**	
Total Fat 6g*	9%	9%
Saturated Fat 1.5g	8%	8%
<i>Trans</i> Fat 0g		

Cholesterol 45mg	15%	17%
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Sodium 160mg	7%	13%
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Total Carbohydrate 44g	15%	19%
Dietary Fiber 8g	32%	32%
Sugars 5g		

Protein 26g		
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Vitamin A	25%	35%
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Vitamin C	6%	10%
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Calcium	30%	60%
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Iron	70%	70%
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* Amount in Product as Packaged

** Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: WHOLE GRAIN ROLLED OATS, CHOCOLATE PB PROTEIN (WHEY PROTEIN CONCENTRATE, DUTCHED COCOA POWDER, PB2 POWDERED PEANUT BUTTER, VANILLA BEAN EXTRACT, SUGAR, MACA ROOT, ACE-K, SUCRALOSE), BANANA, FLAXSEED, CHIA SEEDS

CONTAINS: MILK, PEANUTS