

# Nutrition Facts

Serving Size: 1 Pouch (81g)

Servings Per Container: 1

<b>Amount Per Serving</b>	<b>Mix</b>	<b>w/ 1cup nonfat milk</b>
<b>Calories</b>	310	400
Calories from Fat	50	50
<b>% Daily Value**</b>		
<b>Total Fat</b> 6g*	<b>9%</b>	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>	<b>8%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 45mg	<b>15%</b>	<b>17%</b>
<b>Sodium</b> 140mg	<b>6%</b>	<b>12%</b>
<b>Total Carbohydrate</b> 44g	<b>15%</b>	<b>19%</b>
Dietary Fiber 8g	<b>32%</b>	<b>32%</b>
Sugars 5g		
<b>Protein</b> 24g		
Vitamin A	25%	35%
Vitamin C	25%	30%
Calcium	35%	60%
Iron	70%	70%

\* Amount in Product as Packaged

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

**INGREDIENTS: WHOLE GRAIN ROLLED OATS, APPLE PROTEIN (WHEY PROTEIN CONCENTRATE, APPLE POWDER, CINNAMON, MAPLE SYRUP POWDER, MACA ROOT, VANILLA BEAN POWDER, ACE-K, SUCRALOSE), FLAXSEED, CHIA SEEDS**

**CONTAINS: MILK**