



## BLUEBERRY MORNING OVERNIGHT OATS

### Nutrition Facts

1 serving per container

**Serving size** (210g)

**Amount Per Serving**

**Calories** 452

**% Daily Value\***

**Total Fat** 12g 15%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 85mg 4%

**Total Carbohydrate** 67g 24%

Dietary Fiber 12g 43%

Total Sugars 8g

Includes 3g Added Sugars 6%

**Protein** 19g

Ingredients: Almond Milk, Oats, Blueberries, Almonds, Whey Protein, Cinnamon, Honey

Contains: Wheat, Dairy, Nuts

RONKONKOMA NY 11779