Nutrition F	acts
10 servings per containe Serving size 0.	r 5 oz (14g)
Amount Per Serving Calories	60
%	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol Omg	0%
Sodium 65mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber <1g	3%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%
Vitamin E 0.1mg	0%
Vitamin K 1mcg	0%
Thiamin 0.04mg	2%
Riboflavin 0.01mg	2%
Niacin 0.1mg	0%
Vitamin B6 0mg	0%
Folate 5mcg DFE	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.

Ingredients: + LOVE: Oats, Brown + White Cane Sugar, Wheat Flour, Honey Roasted Peanuts* (*contain Honey, Sea Salt, Potato Starch), Canola Oil, Egg, Oat Bran, Ground Flaxseed, Vanilla, Baking Soda, Salt

Contains: Egg, Wheat, Peanuts

Manufactured by Mentoring Gardens Kitchen P.O. Box 425, Harvard IL 60033. We process gluten-free and nuts on a segregated schedule. We strive to avoid ingredients identifiably derived from bioengineered sources whenever possible. This product is made to support Mentoring Gardens Projects & The EduCare Foundation, Inc. dba CareNowInc.org (a 501c3 Non-Profit) 815-258-6821 www.MentoringGardens.com