

Mixed Fruit Superfood

Nutrition Facts	
10 servings per container	
Serving size	0.5 (14g)
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber <1g	3%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 6g	12%
Vitamin D 1mcg	6%
Calcium 40mg	2%
Iron 0.9mg	6%
Potassium 60mg	2%
Vitamin A 320mcg	35%
Vitamin C 32mg	35%
Vitamin E 5mg	35%
Vitamin K 0mcg	0%
Thiamin 1.2mg	100%
Riboflavin 1.3mg	100%
Niacin 16mg	100%
Vitamin B6 1.7mg	100%
Vitamin B12 2.4mcg	100%
* 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, Cane + Brown Sugar, Wheat Flour, Pineapples, Papaya, Bananas, Raisins, Coconut, Organic Plant-Based Proteins: Pea, Quinoa, Milled Chia Seed, Flaxseed Meal, Hemp; Green Tea, Carrots, Beets, Spinach, Tomato, Broccoli, Oranges, Apples, Shitake Mushrooms, Cherries, Cranberries, Blueberries, Strawberries, Vitamins C, B3, E, A, B6, B2, B1, B12, Canola Oil, Egg, Ground Flaxseed, Oat Bran, Vanilla, Baking Soda, Salt

Contains: Egg, Wheat

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)
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