

Peanutbutter 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 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 9g **3%**

Dietary Fiber <1g **3%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

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 1mcg 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, White + Brown Cane Sugar, Wheat Flour, Peanutbutter Chips* (*contain Soy, Palm Oil), Organic Plant-based Protein from Pea, Quinoa, Milled Chia Seeds, Flaxmeal, Hemp; Green Tea, Beets, Carrots, Spinach, Tomato, Broccoli, Oranges, Shitaki Mushrooms, Apples, 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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