

GF Coconut

Nutrition Facts

10 servings per container

Serving size **0.5 oz (14g)**

Amount Per Serving

Calories **60**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

Protein 1g **2%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.4mg 2%

Potassium 30mg 0%

Vitamin E 0.1mg 0%

Vitamin K 1mcg 0%

Phosphorus 30mg 2%

* 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: Gluten Free Oats, Brown + White Cane Sugar, Unsweetened Coconut, Gluten Free Flour from Fava & Garbanzo Beans, Potato Starch, Tapioca, Whole Grain Sweet Sorghum; Canola Oil, Egg, Gluten Free Oat Bran, Ground Flaxseed, Vanilla, Baking Soda, Salt

Contains: Egg, Coconut

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