

Superfood Boost!

| 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 10g | 4% |
| 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, Cane + Brown Sugar, Wheat Flour, Organic Plant-Based Protein, Pea, Quinoa, Milled Chia Seed, Flaxseed Meal, Hemp, Protein, 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, Apple Juice Solids, Spice Extractives, 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)
815-258-6821
www.MentoringGardens.com