Nutriti Serving Size: 1/2 c Servings Per Cont	oz. (14	
Amount Per Servi	ng	
Calories 80		
Calories from Fat 25		
Calories from Saturated Fat 0		
% Daily Value*		
Total Fat 2.5g		4 %
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol <5mg		1%
Sodium 95mg		4 %
Potassium 15mg		0%
Total Carbohydrate 13g 4%		
Dietary Fiber 1g		4 %
Sugars 6g		
Other Carbohydrate 6g		
Protein 2g		4 %
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	٠	Iron 2%
Vitamin E 2%	•	Vitamin K 2%
Thiamin 4%	٠	Riboflavin 2%
Phosphorus 2%	٠	Magnesium 2%
Manganese 4%		
* Percent Daily Values are based on a 2,000 calorie diet.		

Ingredients: + Love: Oats, Sugar, Brown Sugar, Cranberries, Wheat-White All-Purpose Flour, Almonds, Canola Oil, Egg, Flaxseed, Oat Bran, Vanilla, Cinnamon, Baking Soda, Salt

Contains: Egg, Wheat, Almond

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