

07/30/2015

<b>Nutrition Facts</b>	
Serving Size 1/2 cup dry mix (53g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 200	<b>Calories from Fat</b> 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein</b> 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Low Saturated Fat  
 Free of Cholesterol  
 Good source of Protein  
 High Fiber

**INGREDIENTS:** Organic Oat Flour, Organic Tapioca Starch, Organic Evaporated Cane Juice, MonoCalcium Phosphate, Sodium Bicarbonate, Sea Salt.