

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 370mg	16%
Total Carbohydrate 39g	14%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 15g Added Sugars	30%
Protein 12g	24%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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:

100% whole grain wheat flour, cane sugar, 100% whole grain oat flour, vital wheat gluten, cinnamon flakes (sugar, vegetable oil (palm, palm kernel, cinnamon, sunflower lecithin), palm oil, whey protein concentrate, leavening (monocalcium phosphate, baking soda), milk protein concentrate, natural flavor, sea salt, cinnamon.

Contains milk and wheat. Due to processing on shared equipment, contains trace amounts of egg, soy, and tree nuts.