

Nutrition Facts	
About 4 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	150
% Daily Value [†]	
Total Fat 9g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 7g	
Incl. 7g Added Sugars	14%
Protein 2g	
Vit. D 0mcg 0% • Calcium 260mg 20%	
Iron 0mg 0% • Potas. 360mg 8%	
[†] 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: Oat blend (water, whole grain oats), rapeseed oil, contains 2% or less of: sea salt, calcium carbonate, gellan gum, tricalcium phosphate, dipotassium phosphate.