

Nutrition Facts

About 4 servings per container
Serving size 1 cup (237mL)

Amount per serving

Calories 90

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 6g	
Incl. 6g Added Sugars**	12%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 17mg	0%

*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: FILTERED WATER,
ORGANIC OATS, SEA SALT.**



source
**ORGANIC
OATS**



add a
**PINCH
OF SALT**



mix with
**FILTERED
WATER**

...yep, it's *that* clean.