

(Ready to Drink)

Serving Size **1 Cup (240 ml)**

Calories **180**

	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 160 mg	7%
Total Carbohydrate 23 g	8%
Dietary Fiber 1 g	4%
Sugar 3 g	
Added Sugar 3 g	6%
Protein 4 g	3%
Vitamin D 0 µg	
Potassium 260 mg	6%
Calcium 70 mg	6%
Iron 0.8 mg	4%

Ingredients

Ingredients: Water, Oats, Organic Canola Oil,
Contains 1% Or Less Of: Dipotassium Phosphate, Sea
Salt, Sodium Citrate, Tricalcium Phosphate.