

Ingredients: Whole Rolled Oats, Milled Cane Sugar, Crisp Brown Rice (Brown Rice, Brown Rice Syrup, Salt), Flax Seeds, Expeller Pressed Canola Oil, Pumpkin Seeds, Molasses, Cinnamon Bark, Salt, Mixed Tocopherols (Natural Vitamin E To Maintain Freshness).

MAY CONTAIN TREE NUTS, WHEAT, AND SOY.

| Nutrition | Amount/serving | %DV | Amount/serving | %DV |
|-----------------------------|------------------------|------|------------------------|------------|
| Facts | Total Fat 10g | 13% | Total Carb. 40g | 15% |
| Serving size 2/3 Cup 59g | Sat. Fat 1g | 5% | Fiber 5g | 18% |
| | Trans Fat 0g | | Total Sugars 12g | |
| Calories per serving 270 | Cholesterol Omg | 0% | Incl. 11g Added Sugars | 22% |
| | Sodium 55mg | 2% | Protein 6g | |
| | Vitamin D 0% · Calciur | n 2% | Iron 10% Potassiu | im 4% |

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