

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	<b>22%</b>
	Sodium 55mg	2%	Protein 6g	
	Vitamin D 0% · Calciur	n 2%	Iron 10% Potassiu	im 4%

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