

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 Square (50g)		Total Fat 6g	9%	Monounsatur. Fat 3.5g		Dietary Fiber 5g	20%	Protein 6g	12%
Servings Per Container 1		Satur. Fat 1g	5%	Cholest. 0mg	0%	Soluble Fiber 3g			
Calories 190		Trans Fat 0g		Sodium 110mg	5%	Insoluble Fiber 2g			
Calries from Fat 50		Polyunsatur. Fat 0.5g		Total Carb. 28g	9%	Sugars 13g			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 30% • Vitamin C 50% • Calcium 20% • Iron 8% • Vitamin D 30% • Vitamin E 35% • Thiamin 30% Riboflavin 35% • Niacin 30% • Vitamin B6 35% • Folate 30% • Vitamin B12 35% • Pantothenic Acid 30%							

INGREDIENTS: WHOLE ROLLED OATS, BROWN RICE SYRUP, DATE PUREE, CANE SYRUP, SEMI SWEET CHOCOLATE CHIPS (EVAPORATED CANE SYRUP, CHCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, GROUND VANILLA BEANS), HIGH-OLEIC SUNFLOWER OIL, MALTODEXTRIN, PLUM PUREE, WHEY PROTEIN ISOLATE, DRIED EGG WHITES, VEGETABLE GLYCERINE, NATURAL PLANT STEROLS, CHICORY ROOT EXTRACT, CALCIUM CARBONATE, NATURAL FLAVOR, SOY LECITHIN, BAKING SODA, SALT. **VITAMINS:** VITAMIN BLEND (VITAMIN C [ASCORBIC ACID], VITAMIN E [D-ALPHA TOCOPHERYL ACETATE], VITAMIN A [PALMITATE], NIACINAMIDE, MALTODEXTRIN, D-CALCIUM PANTOTHENATE, VITAMIN D3, PYRIDOXINE HCL, THIAMINE MONONITRATE, RIBOFLAVIN, VITAMIN B12, FOLIC ACID). CONTAINS **SOY, MILK AND EGGS.**

MADE ON EQUIPMENT THAT ALSO PROCESSES WHEAT, PEANUTS, AND OTHER TREE NUTS