

Organic Light Oatmeal: APPLE CINNAMON

Ingredients:

Organic rolled oats, organic apples, organic evaporated cane juice, organic cinnamon, natural flavor (non-animal source), sea salt, nutrition blend*, lo han fruit.

*Nutrition Blend: Calcium Carbonate (a good source of calcium), Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6 (Pyridoxine HCL), Folic Acid.

Nutritionals:

Serving Size/Ingredients	1 Packet (30g)
Servings Per Container	8
Calories	120
Calories from Fat	15
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Sodium	110 mg
Carbohydrates	24 g
Dietary Fiber	3 g
Sugars	6 g
Protein	3 g