

Blueberry Walnut Overnight Oats

Nutrition Facts	
1 serving per container	
Serving size	(324g)
Amount Per Serving	
Calories	460
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 5g	25%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 90mg	4%
Total Carbohydrate 59g	21%
Dietary Fiber 9g	32%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 2mcg	10%
Calcium 280mg	20%
Iron 2.8mg	15%
Potassium 610mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: MILK, BLUEBERRIES, QUICK ROLLED OATS, GREEK YOGURT, WALNUTS, HONEY, CHIA SEEDS

CONTAINS: MILK, WALNUT

CUISINE FOR HEALING 1614 MISTLETOE
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Carrot Cake Overnight Oats

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **480**

% Daily Value*

Total Fat 19g **24%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 110mg **5%**

Total Carbohydrate 63g **23%**

Dietary Fiber 10g **36%**

Total Sugars 23g

Includes 2g Added Sugars **4%**

Protein 16g

Vitamin D 1.9mcg 10%

Calcium 300mg 25%

Iron 3.1mg 15%

Potassium 720mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MILK, QUICK ROLLED OATS, CARROT, GREEK YOGURT, WALNUTS, MAPLE SYRUP, CRANBERRIES, CHIA SEEDS, VANILLA EXTRACT, CINNAMON, ALLSPICE, GROUND GINGER

CONTAINS: MILK

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