

Apricot Oat Cake

INGREDIENTS:

Defatted Oats, Crystalline Fructose, Unbleached Wheat Flour, (Niacin Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Nonfat Yogurt, Dried Apricots Preserved with Sulfur Dioxide, Raisins Preserved with Ascorbic Citric Acid, Egg Whites, Honey, Baking Powder.

Nutrition Facts: Serving size: 1 (4.75oz) (135g), **Calories** 440, Fat Calories 0, **Cholesterol** 0, **Sodium** 20mg (1%DV), **Total Carbohydrate** 91g (30%DV), Fiber 7g (28%DV), Sugars 34g, Protein 11g, Vitamin A (8%DV), Vitamin C (0%DV), Calcium (8%DV), Iron (10%DV), Based on a 2000 calorie diet.

Nutrition Facts	Amount/Serving		%DV*	Amount/Serving		%DV*
	Serving Size 4.75 oz (135 g) Servings 1 Calories 440 Fat Calories 0	Total Fat	0	0%	Total Carbohydrate	91g
Sat Fat		0	0%	Fiber	7g	28%
Cholesterol		0mg	0%	Sugars	34g	
Sodium		20mg	1%	Protein	11g	22%
* Percent of Daily Value is based on a 2000 calorie diet Vitamin A 8 % Vitamin C 0 % Calcium 8% Iron 10 %						

Cinnamon Apple Oatcake

INGREDIENTS:

Defatted Oats, Crystalline Fructose, Unbleached Wheat Flour, (Niacin Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Nonfat Yogurt, Dried Apples preserved with Sulfur Dioxide, Apple Sauce, Egg Whites, Honey, Baking Powder, Ground Cinnamon, Ground Nutmeg

Nutrition Facts: Serving size: 1 (4.75oz) (135g), **Calories** 400, Fat Calories 0, **Cholesterol** 0, **Sodium** 20mg (1%DV), **Total Carbohydrate** 82g (27%DV), Fiber 6g (25%DV), Sugars 26g, Protein 10g, Vitamin A (0%DV), Vitamin C (0%DV), Calcium (8%DV), Iron (8%DV), Based on a 2000 calorie diet.

Nutrition Facts	Amount/Serving		%DV*	Amount/Serving		%DV*
	Serving Size 4.75 oz (135 g) Servings 1 Calories 400 Fat Calories 0	Total Fat	0	0%	Total Carbohydrate	82g
Sat Fat		0	0%	Fiber	6g	25%
Cholesterol		0mg	0%	Sugars	26g	
Sodium		20mg	1%	Protein	10g	20%
* Percent of Daily Value is based on a 2000 calorie diet Vitamin A 0 % Vitamin C 0 % Calcium 8% Iron 8 %						

Cranberry Orange Oatcake

INGREDIENTS:

Defatted Oats, Crystalline Fructose, Unbleached Wheat Flour, (Niacin Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) Cranberries, Cranberry Juice, Sucrose, Nonfat Yogurt, Egg Whites, Orange Juice, Honey, Orange Rind, Baking Powder

Nutrition Facts: Serving size: 1 (4.75oz) (135g), **Calories** 410, Fat Calories 0, **Cholesterol** 0, **Sodium** 15mg (1%DV), **Total Carbohydrate** 83g (28%DV), Fiber 6g (22%DV), Sugars 29g, Protein 9g, Vitamin A (0%DV), Vitamin C (15%DV), Calcium (40%DV), Iron (6%DV), Based on a 2000 calorie diet.

Nutrition Facts	Amount/Serving		%DV*	Amount/Serving		%DV*
	Serving Size 4.75 oz (135 g)	Total Fat	0	0%	Total Carbohydrate	83g
Servings 1	Sat Fat	0	0%	Fiber	6g	25%
Calories 410	Cholesterol	0mg	0%	Sugars	29g	
Fat Calories 0	Sodium	15mg	1%	Protein	9g	18%
* Percent of Daily Value is based on a 2000 calorie diet Vitamin A 0% Vitamin C 15% Calcium 40% Iron 6%						