

Cinnamon Apple Crisp

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 cup (8 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 4.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

Ingredients: Brown Sugar Crystals (Cane Sugar, Cane Molasses or Brown Cane Sugar (Cane Sugar, Cane Molasses), Apples ((Calcium Stearate) (as a flow agent)), Vanilla Almond Granola (Rolled Oats, Organic Whole Grain Corn Flour, Cane Sugar, Canola Oil, Molasses, Sliced Almond, Honey, Vanilla Extract, Salt, Baking Soda), Raisins (Raisins, Sunflower Oil), Corn Starch, Cinnamon, Orange Peel, Citric Acid Anhydrous.

Contains: Tree Nut.

Nutrition Facts

1 serving per container

Serving size

1 package (114g)

	Per 1/2 package		Per serving	
Calories	220		440	
	% Daily Value*		% Daily Value*	
Total Fat	2.5g	3%	4.5g	6%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	20mg	1%	35mg	2%
Total Carbohydrate	48g	17%	97g	35%
Dietary Fiber	1g	4%	2g	7%
Total Sugars	36g		71g	
Includes Added Sugars	3g	6%	6g	12%
Protein	1g		3g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	40mg	4%	81mg	6%
Iron	1mg	6%	1mg	6%
Potassium	229mg	4%	457mg	10%

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Contains Bioengineered Food Ingredients

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