



# YOGURT

## Cookies & Cream - Whole Oat (Dairy Free/Vegan)

### Nutrition Facts

**Serving Size** 1/2 cup (4 oz)

Amount per serving

**Calories** 100

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 115mg 5%

**Total Carbohydrate** 23g 9%

Dietary Fiber <1g 1%

Sugars 16g

Includes 16g Added Sugars 32%

**Protein** <1g 1%

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 0mg 0%

Potassium 0mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

### Ingredients

Cane Sugar, Tapioca Maltodextrin, Whole Oat Flour, Vanilla Powder, Soy Protein, Salt, Xanthan Gum, Guar Gum, Water, Propylene Glycol, Natural and Artificial Flavors, Caramel Color

### Allergens

Milk: No  
 Egg: No  
 Wheat: No  
 Soy: Yes (Soy Protein)  
 Tree nut: No  
 Peanut: No  
 Sulfites: No

All the taste,

Without the waist