



# Skinny D's YOGURT

## Peanut Butter - Whole Oat (Dairy Free/Vegan)

Nutrition Facts		Ingredients			
<b>Serving Size</b>	<b>1/2 cup (4 oz)</b>	Cane Sugar, Tapioca Maltodextrin, Whole Oat Flour, Vanilla Powder, Soy Protein, Salt, Xanthan Gum, Guar Gum. Peanuts, Peanut Oil, Contains 2% or less of : salt, hydrogenated vegetable oil (Rapeseed, cottonseed, Soybean oil), cornstarch			
<b>Amount per serving</b>					
<b>Calories</b>	<b>190</b>				
<b>% Daily Value*</b>					
<b>Total Fat</b> 8g	<b>11%</b>				
Saturated Fat 2.5g	<b>13%</b>				
Trans Fat 0g					
<b>Cholesterol</b> 0mg	<b>0%</b>				
<b>Sodium</b> 175mg	<b>7%</b>				
<b>Total Carbohydrate</b> 23g	<b>9%</b>				
Dietary Fiber 1g	<b>5%</b>	<b>Allergens</b>			
Sugars 16g					
Includes 16g Added Sugars	<b>32%</b>				
<b>Protein</b> 4g	<b>4%</b>				
<b>*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.</b>					
Vitamin D 0mcg	0%			Milk:	No
Calcium 11mg	1%			Egg:	No
Iron 1mg	4%			Wheat:	No
Potassium 95mg	2%			Soy:	Yes (Soy Protein)
				Tree nut:	No
		Peanut:	Yes		
		Sulfites:	No		

All the taste,

Without the waist