



# YOGURT

**Vanilla - Whole Oat (Dairy Free/Vegan)**

| <b>Nutrition Facts</b>  |                       | <b>Ingredients</b>  |  |
|---|-----------------------|---|--|
| <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.                        |  |
| <b>Amount per serving</b>   |                       |   |  |
| <b>Calories</b>   | <b>100</b>            |   |  |
| <b>% Daily Value*</b>   |                       |   |  |
| <b>Total Fat</b> 0g   | <b>0%</b>             |   |  |
| Saturated Fat 0g  | <b>0%</b>             |   |  |
| Trans Fat 0g  |                       |   |  |
| <b>Cholesterol</b> 0mg  | <b>0%</b>             |   |  |
| <b>Sodium</b> 115mg   | <b>5%</b>             |   |  |
| <b>Total Carbohydrate</b> 23g   | <b>9%</b>             |   |  |
| Dietary Fiber <1g   | <b>1%</b>             | <b>Allergens</b><br>Milk: No<br>Egg: No<br>Wheat: No<br>Soy: <b>Yes (Soy Protein)</b><br>Tree nut: No<br>Peanut: No<br>Sulfites: No |  |
| Sugars 16g  |                       |   |  |
| Includes 16g Added Sugars   | <b>32%</b>            |   |  |
| <b>Protein</b> <1g  | <b>1%</b>             |   |  |
| <b>Vitamin D</b> 0mcg 0%  |                       |   |  |
| <b>Calcium</b> 3mg 0%   |                       |   |  |
| <b>Iron</b> 0mg 0%  |                       |   |  |
| <b>Potassium</b> 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. |                       |   |  |

**All the taste, Without the waist**