

Nine Grain Cereal Mix

**POUCH MAKES
10.5 PREPARED CUPS**

Nutrition Facts

Serving Size 2.625 cups (120g)
Servings Per Container 4

Amount Per Serving

Calories 410 Calories from Fat 20

% Daily Value*

Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 88g	29%
Dietary Fiber 15g	60%
Sugars 1g	

Protein 14g

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

DIRECTIONS

For hot cereal add 1 part nine grain mix to 4 parts boiling water. Reduce heat to medium and continue cooking for 20 to 30 minutes. Stir Occasionally. Add salt to taste.

INGREDIENTS

Hard Red Wheat, Soft White Wheat, Barley, Rye, Oats, Cornmeal, Millet, Buckwheat, Flax Seeds.

ALLERGENS: Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- Vegetarian
- Kosher Certified
- Saturated Fat Free
- No Trans Fats
- Cholesterol Free
- Low Fat
- Sodium Free
- High Dietary Fiber

Made in the USA

