

# nutriSTORE™

<b>Nutrition Facts</b>		<b>Freeze Dried Strawberries &amp; Granola with Milk</b>	<b>Freeze Dried Blueberries &amp; Granola with Milk</b>
Serving Size		About ½ Cup (67g)	About ½ Cup (67g)
Servings Per Container		About 64	About 64
<b>Amount Per Serving</b>			
<b>Calories</b>		260	260
Calories from Fat		40	40
	<b>% Daily Value*</b>		<b>% Daily Value*</b>
<b>Total Fat</b>	4.5g	<b>7%</b>	4.5g <b>7%</b>
Saturated Fat	0g	<b>2%</b>	0g <b>2%</b>
Trans Fat	0g		0g
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	85mg	<b>3%</b>	85mg <b>4%</b>
<b>Total Carbohydrate</b>	46g	<b>15%</b>	46g <b>15%</b>
Dietary Fiber	4g	<b>16%</b>	4g <b>14%</b>
Sugars	27g		27g
<b>Protein</b>	9g		9g
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		Vitamin A	0%
		Vitamin C	35%
		Calcium	20%
		Iron	6%
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			

## FREEZE DRIED STRAWBERRIES & GRANOLA WITH MILK

**Ingredients:** Granola (Whole Grain Rolled Oats, Evaporated Cane Juice, Expeller Pressed Canola Oil, Defatted Wheat Germ, Oat Flour, Brown Rice Syrup, Molasses, Salt, Natural Flavor, Soy Lecithin), Nonfat Dry Milk (Nonfat Dry Milk Solids, Vitamin A Palmitate, Vitamin D), Sugar, Freeze Dried Strawberries, Natural Flavor, Beet Powder.

**CONTAINS: Milk, Wheat and Soy.**

## FREEZE DRIED BLUEBERRIES & GRANOLA WITH MILK

**Ingredients:** Granola (Whole Grain Rolled Oats, Evaporated Cane Juice, Expeller Pressed Canola Oil, Defatted Wheat Germ, Oat Flour, Brown Rice Syrup, Molasses, Salt, Natural Flavor, Soy Lecithin), Nonfat Dry Milk (Nonfat Dry Milk Solids, Vitamin A Palmitate, Vitamin D), Sugar, Freeze Dried Whole Cultivated Blueberries, Natural Flavor, Purple Carrot Powder.

**CONTAINS: Milk, Wheat and Soy.**



## Preparation Instructions

### **Freeze dried Blueberries & Granola with milk**

*Remove and Discard Oxygen Absorber Prior to Adding Water.*

**Preparation:** First, shake pouch until contents are evenly dispersed. Add 2 cups of cold water to contents of pouch. Seal the pouch and shake well until powder dissolves. Pour Contents into bowl and serve.

Each Pouch makes four ½ Cup servings.

### **Freeze dried Strawberries & Granola with milk**

*Remove and Discard Oxygen Absorber Prior to Adding Water.*

**Preparation:** First, shake pouch until contents are evenly dispersed. Add 2 cups of cold water to contents of pouch. Seal the pouch and shake well until powder dissolves. Pour Contents into bowl and serve.

Each Pouch makes four ½ Cup servings.