



SIMPLY THE BEST!

USING APPLESAUCE ALLOWED US TO CUT THE OILS IN HALF AND GIVE THIS RECIPE A WHOLESOME APPLE FLAVOR. START YOUR DAY THE LOW FAT WAY!

INGREDIENTS: ROLLED OATS, COCONUT (COCONUT, SUGAR, PROPYLENE GLYCOL, CORN STARCH, SALT, SODIUM METABISULFATE), BROWN SUGAR (SUGAR, INVERT SUGAR, CANE MOLASSES), CANOLA OIL, WATER, APPLESAUCE (APPLES, WATER, HIGH FRUCTOSE CORN SYRUP, SUGAR), VANILLA, SALT, CINNAMON.

PROCESSED IN A FACILITY THAT ALSO MAKES PRODUCTS CONTAINING ALMONDS, PECANS AND WHEAT.



MADE WITHOUT
GLUTEN
CONTAINING
INGREDIENTS.

SANTEE'S GRANOLA INC.
P.O. Box 30772 • SPOKANE, WA 99223

Nutrition Facts

8 servings per pound

Serving size

1/2 cup (55g)

	Cereal		Cereal with 1/2 cup skim milk	
Calories	200		240	
	% DV*		% DV*	
Total Fat	7g	10%	7g	10%
Saturated Fat	2.5g	13%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	<5mg	1%
Sodium	190mg	8%	260mg	11%
Total Carbohydrate	30g	10%	37g	12%
Dietary Fiber	4g	15%	4g	15%
Total Sugars	9g		15g	
Incl. Added Sugars	5g	10%	5g	10%
Protein	5g		9g	
Vitamin D	0mcg	0%	1.5mcg	9%
Calcium	23mg	2%	173mg	12%
Iron	2mg	9%	2mg	9%
Potassium	151mg	3%	341mg	7%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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CINNAMON APPLESAUCE