

# HOT BREAKFAST TOPPERS

## Nutrition Facts

Serving Size 1 tsp. (8 grams)  
Servings Per Container Approx. 25

Amount Per Serving  
Calories 35    Calories from fat 15  
% Daily Value\*

Total Fat	1.5g	2%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	5mg	1%
Sodium	35mg	1%
Total Carbohydrate	5g	2%
Dietary Fiber	< 1g	2%
Sugars	2g	
Protein	1g	

Vitamin A	2%	Vitamin C	0%
Calcium	2%	Iron	2%

\*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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate	Less than	300g	375mg
Dietary Fiber	Less than	25g	30g
Protein	Less than	50g	65g

INGREDIENTS: WHOLE ROLLED OATS, NATURALLY MILLED SUGAR, BUTTER, WHEAT FLAKES, WHOLE WHEAT FLOUR, COCONUT, WALNUTS, SALT, VANILLA FLAVOR. CONTAINS WHEAT, DAIRY, WALNUTS AND GLUTEN



Healthy Granola

# HOT BREAKFAST TOPPERS

## Nutrition Facts

Serving Size 1 tsp. (5.0 grams)  
Servings Per Container Approx. 51

Amount Per Serving  
Calories 15    Calories from fat 0  
% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	4g	1%
Dietary Fiber	1g	5%
Sugars	3g	
Protein	0g	

Vitamin A	0%	Vitamin C	2%
Calcium	4%	Iron	6%

\*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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate	Less than	300g	375mg
Dietary Fiber	Less than	25g	30g
Protein	Less than	50g	65g

INGREDIENTS: CINNAMON, SUGAR



Real Cinnamon

# HOT BREAKFAST TOPPERS

## Nutrition Facts

Serving Size 1 tsp. (5.0 grams)  
Servings Per Container Approx. 57

Amount Per Serving  
Calories 20    Calories from fat 0  
% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	5g	2%
Dietary Fiber	0g	0%
Sugars	5g	
Protein	0g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

\*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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate	Less than	300g	375mg
Dietary Fiber	Less than	25g	30g
Protein	Less than	50g	65g

INGREDIENTS: BROWN SUGAR



Real Brown Sugar

# HOT BREAKFAST TOPPERS

## Nutrition Facts

Serving Size 1 tsp. (8 grams)  
Servings Per Container Approx. 28

Amount Per Serving  
Calories 20    Calories from fat 0  
% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	6g	2%
Dietary Fiber	0g	0%
Sugars	4g	
Protein	0g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

\*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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate	Less than	300g	375mg
Dietary Fiber	Less than	25g	30g
Protein	Less than	50g	65g

INGREDIENTS: SEEDLESS RAISINS



Sweet Raisins