



CRANBERRY ALMOND MUESLI

A delectable blend of oats, dried fruits, nuts and seeds, perfect to eat topped with milk or yogurt. Make ahead as overnight oats or cooked as a hot cereal. Delicious in a salad or sprinkled over ice cream.

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NET WT 16 OZ (1 LB) 454g

King Arthur Flour | Norwich, Vermont 05055
KingArthurFlour.com | 800 827 6836

Nutrition Facts

11 servings per container

Serving size 1/3 cup (40g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 24g 9%

Dietary Fiber 4g 14%

Total Sugars 8g

Includes 3g Added Sugars 6%

Protein 5g

Vitamin D 0mcg 0%

Calcium 37mg 2%

Iron 1mg 6%

Potassium 187mg 4%

*The % Daily Value 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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Looking for recipes
using this product?

Visit the recipe
archives at
KingArthurFlour.com

Produced on equipment that
also processes eggs, milk, soy,
wheat, hazelnuts, pecans,
walnuts, and coconut.

Store cool and dry.

INGREDIENTS: Oats, Cranberries
(cranberries, sugar), Almonds, Sunflower
Kernels, Currants, Dates (dates, gluten-free
oat flour), Apples, Chia Seeds.

CONTAINS: Almonds.

THE KING ARTHUR FLOUR COMPANY, INC.
NORWICH, VERMONT 05055
800 827 6836 | KingArthurFlour.com

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