



Lyman Orchards® Blueberry Crisp



Nutrition Facts	
Serving Size 1 Scoop (129 g)	
Servings Per Container 7	
Amount Per Serving	
Calories 280	Calories from Fat 60
<small>% Daily Value*</small>	
Total Fat 7g	11%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 55g	18%
Dietary Fiber 3g	10%
Sugars 38g	
Protein 2g	5%
Vitamin A	6%
Vitamin C	2%
Calcium	2%
Iron	6%

INGREDIENTS:

Filling: Blueberries, sugar, water, modified corn starch.

Topping: Brown sugar, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), margarine (vegetable oil (soybean, palm), water, salt, mono- & di-glycerides, nonfat dry milk, soy lecithin, sodium benzoate (preservative), artificial flavor, vitamin A palmitate, beta carotene (color)), rolled oats, salt, cinnamon.

Contains: WHEAT, MILK, SOY. May contain traces of Egg, Peanuts, Tree Nuts, Coconut.

INGREDIENT DISCLAIMER: PLEASE READ CAREFULLY

Ingredients are subject to change without notice there fore do not save this document or distrube as changes may occure. Please refer to the lastest version www.mcmfundraising.com or call 1-888-774-5889 for specific ingredient lists.