



Lyman Orchards® Bumbleberry Crisp



Nutrition Facts	
Serving Size 1 Scoop (129 g)	
Servings Per Container 7	
Amount Per Serving	
Calories 280	Calories from Fat 70
	<small>% Daily Value*</small>
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 52g	17%
Dietary Fiber 3g	12%
Sugars 35g	
Protein 2g	5%
Vitamin A	6%
Vitamin C	4%
Calcium	2%
Iron	6%

INGREDIENTS:

Filling: Apples, sugar, red raspberries, red tart cherries, blackberries, blueberries, modified tapioca starch.

Topping: Brown sugar, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, ribflavin, folic acid), margarine (vegetable oil (soybean, palm), water, 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 trace amounts 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.