



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.

208467F01A
208469



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.

CRANBERRY ALMOND MUESLI

OUR RECIPE FOR

HOT CEREAL

Stir 1/2 cup Cranberry Almond Muesli into 1 cup of cold water and bring to a boil. Reduce heat and simmer for about 5 minutes.

Yield: 2 servings.

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

208467B01B

209580

