Nutrition Facts

Serving Size 1/2 cup (105g)
Servings Per Container 4

Amount Per Serving

Calories 232 Calories from Fat 138

	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 6g	**27%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 3g	**13%**
Sugars 17g	
Protein 3g	

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

*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: ALMOND MILK (ORGANIC ALMONDS, FILTERED WATER), COCONUT MEAT, ORGANIC ADAMS, ORGANIC MAPLE SUGAR, ORGANIC BARLEY MALT, ORGANIC MAPLE SYRUP, ORGANIC SUNFLOWER OIL, ORGANIC VANILLA, ORGANIC LEMON JUICE, LOCUST BEAN GUM, HIMALAYAN SALT.

SUITABLE FOR VEGANS.

MANUFACTURED IN A FACILITY THAT ALSO HANDLES MILK, EGGS, WHEAT, TREE NUTS AND PEANUTS.

KEEP FROZEN BELOW –18°F.
DO NOT REFREEZE ONCE THAWED.

CERTIFIED ORGANIC BY
QUALITY ASSURANCE INTERNATIONAL (QAI).

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FOR MORE INFORMATION, VISIT OUR WEBSITE AT
WWW.ROWANS.COM

BEST BEFORE DATE, SEE BASE OF CARTON.

PLEASE RECYCLE.

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