Nut Butter Morning Oats

Directions: Add 5 oz (150 mL) of hot/cold water and stir to mix well. Let stand for up to 60 minutes to rehydrate. Add 1 packet (2 Tbsp) of nut butter. Stir to mix well and enjoy!

Ingredients: old fashioned oats, whole milk powder, chia seeds, brown sugar, vanilla powder, cinnamon, nut butter

Nutrition: 663 kcal (130 cal/oz), 22 g protein, 78 g carbohydrate, 11 g fiber, 31 g total sugar, 13 g added sugar, 32 g fat, 202 mg sodium

Net weight: 5.1 oz | 143 g **Expiration Date:** _____

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