Harvest Apple Crisp $1.60

**Nutrition Facts**  Serving Size: 1 serving (202.75g), Servings Per Container: 1, Amount Per Serving: Calories 160, Calories from Fat 15, Total Fat 2g (3% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 30mg (1% DV), Total Carbohydrate 34g (11% DV), Dietary Fiber 5g (26% DV), Sugars 22g, Protein 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Sliced Apples water pack; Oats, Dry; Brown Sugar; Flaxseed Meal; White Granulated Sugar; Lemon Juice; Cornstarch; Ground Cinnamon

*the Healthy Cafe*