

# Overnight Oats

## KRUSH'D VITALITY KITCHEN

The perfect on-the-go breakfast! These overnight oats are made with healthy, high-fiber ingredients like oats, almond mylk and maple syrup, as well as fresh fruit and crunchy granola. They're a delicious, satisfying way to start your day. Plus, they're low calorie and packed with nutrients, so you'll feel full longer.

**BANANA, GRANOLA  
BLUEBERRIES, OATS, ALMOND  
MYLK, CHIA SEEDS, & PURE  
MAPLE SYRUP**



| Amount Per Serving        |                 | % Daily Value* |
|---------------------------|-----------------|----------------|
| <b>Calories</b>           | 361.5 kcal      | 18 %           |
| <b>Total Fat</b>          | 8.4 g           | 13 %           |
| Saturated Fat             | 1.3 g           | 6 %            |
| Trans Fat                 | 0 g             | 0 %            |
| <b>Cholesterol</b>        | 0 mg            | 3 %            |
| <b>Sodium</b>             | 61.4 mg         | 21 %           |
| <b>Total Carbohydrate</b> | 63.9 g          | 40 %           |
| Dietary Fiber             | 10 g            |                |
| Sugars                    | 18.7 g          | 21 %           |
| <b>Protein</b>            | 10.6 g          | 15 %           |
|                           | 0 % • Vitamin C | 22 %           |