

# Three Berry Crumble

Directions:

1. Open pouch and remove oxygen absorber. Remove Crumb packet and set aside.
2. Prepare in pouch or other suitable container.
3. Add 3/4 cup (6 oz) Boiling water to ingredients or you may crease / fold pouch at water line 4 then fill to water line 4.
4. Stir completely and cover. Let stand 10 minutes.
5. Sprinkle Crumbs over top before serving.



**0g TRANS FAT  
PER SERVING**

INGREDIENTS: Brown Sugar, Chocolate Pie Crumbs [Wheat Flour, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Cocoa (processed with Alkali), Salt, Sodium Bicarbonate], Diced Apples, Corn Starch, Freeze-Dried Whole Blackberries, Freeze-Dried Whole Blueberries, Freeze-Dried Sliced Strawberries, Lemon Peel, Citric Acid.

Contains Soy, Wheat.

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## Nutrition Facts

Serving Size 1.75 oz (53g)  
Servings Per Container 2

Amount Per Serving

**Calories 200**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 2g**      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 65mg**      **3%**

**Total Carbohydrate 56g**      **19%**

Dietary Fiber 2g      **8%**

Sugars 26g

**Protein 1g**

Vitamin A 2%      • Vitamin C 25%

Calcium 6%      • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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