

Classic

Nutrition Facts Servings: 2, **Serv. Size: 2 Tbsp (18g)**, Amount Per
Serving: **Calories 70**, **Total Fat** 3g (4% DV), Sat. Fat 2g (10% DV), *Trans Fat*
0g, **Cholest.** 0mg (0% DV), **Sodium** 90mg (4% DV), **Total Carb.** 12g (4% DV),
Fiber 2g (7% DV), Total Sugars 8g (Incl. 8g Added Sugars, 16% DV), **Protein** 2g,
Vit. D (0% DV), Calcium (2% DV), Iron (10% DV), Potas. (6% DV).

Peppermint

Nutrition Facts Servings: 2, **Serv. Size: 2 Tbsp (24g)**, Amount Per
Serving: **Calories 90**, **Total Fat** 4g (5% DV), Sat. Fat 2.5g (13% DV), *Trans Fat*
0g, **Cholest.** 0mg (0% DV), **Sodium** 10mg (0% DV), **Total Carb.** 16g (6% DV),
Fiber 3g (11% DV), Total Sugars 12g (Incl. 11g Added Sugars, 22% DV), **Protein** 2g,
Vit. D (0% DV), Calcium (2% DV), Iron (10% DV), Potas. (8% DV).

Cinnamon Roll

Nutrition Facts Servings: 2, **Serv. Size: 2 Tbsp (18g)**, Amount Per
Serving: **Calories 70**, **Total Fat** 1.5g (2% DV), Sat. Fat 1g (5% DV), *Trans Fat*
0g, **Cholest.** 0mg (0% DV), **Sodium** 85mg (4% DV), **Total Carb.** 14g (5% DV),
Fiber 2g (7% DV), Total Sugars 10g (Incl. 10g Added Sugars, 20% DV), **Protein** 1g,
Vit. D (0% DV), Calcium (2% DV), Iron (6% DV), Potas. (4% DV).

Chai Spiced

Nutrition Facts Servings: 2, **Serv. Size: 2 Tbsp (19g)**, Amount Per
Serving: **Calories 70**, **Total Fat** 3g (4% DV), Sat. Fat 1.5g (8% DV), *Trans Fat*
0g, **Cholest.** 0mg (0% DV), **Sodium** 50mg (2% DV), **Total Carb.** 13g (5% DV),
Fiber 3g (11% DV), Total Sugars 7g (Incl. 7g Added Sugars, 14% DV), **Protein** 2g,
Vit. D (0% DV), Calcium (2% DV), Iron (10% DV), Potas. (6% DV).

Mexican

Nutrition Facts Servings: 2, **Serv. Size: 2 Tbsp (17g)**, Amount Per
Serving: **Calories 60**, **Total Fat** 3g (4% DV), Sat. Fat 1.5g (8% DV), *Trans Fat*
0g, **Cholest.** 0mg (0% DV), **Sodium** 70mg (3% DV), **Total Carb.** 11g (4% DV),
Fiber 3g (11% DV), Total Sugars 7g (Incl. 7g Added Sugars, 14% DV), **Protein** 2g,
Vit. D (0% DV), Calcium (2% DV), Iron (8% DV), Potas. (6% DV).

Gingerbread

Nutrition Facts Servings: 2, **Serv. Size: 2 Tbsp (19g)**, Amount Per
Serving: **Calories 70**, **Total Fat** 3g (4% DV), Sat. Fat 2g (10% DV), *Trans Fat*
0g, **Cholest.** 0mg (0% DV), **Sodium** 10mg (0% DV), **Total Carb.** 13g (5% DV),
Fiber 3g (11% DV), Total Sugars 8g (Incl. 8g Added Sugars, 16% DV), **Protein** 2g,
Vit. D (0% DV), Calcium (2% DV), Iron (10% DV), Potas. (6% DV).