

Morning Moo's

Low Fat Milk Alternative

Nutrition Facts

93 servings per container

Serving size **2 tbsp (17g) dry**
(about 1 cup prepared)

Amount per serving

Calories **70**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 10g **4%**

Dietary Fiber 0g **0%**

Total Sugars 9g

Includes 1g Added Sugars **2%**

Protein 3g

Vitamin D 3mcg 15%

Calcium 120mg 10%

Iron 0mg 0%

Potassium 283mg 6%

Vitamin A 82mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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INGREDIENTS: Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, sugar, guar gum, vitamin A palmitate, silicon dioxide, vitamin D3.

CONTAINS: Milk, soy.

MIXING INSTRUCTIONS: *(Shake or stir container before use. Some settling may occur.)*

1. Remove oxygen absorber and discard.
2. Using the chart below, dissolve indicated amount of dry product in corresponding volume of warm water. Best when mixed in a pitcher or blender. Mix until powder is dissolved.
3. Add indicated amount of cold water. Mix well.

YIELD	MILK POWDER	WARM WATER	COLD WATER
1 cup	2 tbsp	1/4 cup	3/4 cup
1 quart	1/2 cup	1 cup	3 cups
2 quarts	1 cup	2 cups	6 cups
1 gallon	2 cups	1 quart	3 quarts

Contains a bioengineered food ingredient.

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