

Serving Size	Calories	Serving Size	Calories
1/2 cup	250	1 tbsp	115
1 cup	500	1/2 cup	108
1 tbsp	50	1 small	105
1 cup	100	1 tbsp	84
1 cup	167	1 cup	43
1 cup	164		
1/2 cup	160		
1 cup	150		
1/2 cup	139		

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SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING