



open

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Elmhurst®

Est. 1925



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OAT APPLE PIE SPICE



CALORIES  
15  
PER SERVING

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### Nutrition Facts

30 servings per container  
Serving size 1 tbsp (15mL)

Amount Per Serving  
**Calories 15**  
% Daily Value\*

Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Total Sugars	1g	
Includes 1g Added Sugars		2%
Protein	0g	
Vitamin D	0mcg	0%
Calcium	2mg	0%
Iron	0mg	0%
Potassium	70mg	2%

\*The % Daily Values 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.

**Our Story**  
A lifelong dairyman and a renowned visionary in plant-based nutrition. Sound like a match? Not really. Maybe that's exactly why it works. Henry Schwartz, owner of the last dairy in New York City, had a fortuitous meeting with Dr. Cheryl Mitchell,

