

Freeze Dried Mixed Berry Yogurt Bites

Augason Farms Freeze Dried Mixed Berry Yogurt Bites are delightful morsels of freeze dried yogurt that melt in your mouth.

DIRECTIONS:

Eat directly out of the can or reconstitute.

To reconstitute, mix: 1 tablespoon water or milk 1/4 cup yogurt bites

Yield: 1 tablespoon

Uses: Snack Cereal Topping Baby Food

Nutrition Facts Serving Size 1/4 cup (11g)

Serving Size 1/4 cup (11g) Servings Per Container 10

Amount Per Serving	
Calories 45	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 8g	
Dietary Fiber 0g	0%
Sugars 7g	
Protein 2g	
Vitamin A 8% •	Vitamin C 10%
Calcium 6%	Iron 0%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9		Carbs 4	Protein 4

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INGREDIENTS: Cultured reduced fat milk, sugar, nonfat dry milk, tapioca starch, blackberry puree, raspberry puree.

Contains allergen: Dairy.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 25 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.