

Purely Elizabeth – Chocolate Almond Cereal – Gluten Free



55 grams of cereal can have up to 12 grams of added sugar (meets 10/1/25 sugar limits).

The first ingredient is whole grain and the next two grain ingredients are whole grain; the package states 34 grams of whole grain in a 55 g serving (or 17 grams whole grain in a 28 g portion).

INGREDIENTS: Sorghum, Organic Certified Gluten-Free Oats, Almonds, Maple Syrup, Organic Coconut Oil, Organic Coconut Sugar, Organic Quinoa, Organic Coconut Nectar, Organic Dark Chocolate Chunks (Organic Cane Sugar, Organic Chocolate Liquor, Organic Cocoa Butter, Organic Vanilla Extract), Cocoa Powder, Organic Puffed Amaranth, Sea Salt, Vanilla Extract, Organic Chia Seeds, Organic Plant-Based Vitamin D3 (VegD3), Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.