

Purely Elizabeth Honey Peanut Butter Superfood Cereal



55 grams cereal can have up to 12 grams of added sugar.

The first ingredient is whole grain, the next two grain ingredients are whole grain, and the package states there are 34 grams whole grain in a 55 gram portion (or 17 grams whole grain in a 28 gram portion).

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