

TO CLOSE INSERT TAB

# CRISPY, CRUNCHY, FRUITY... DELICIOUS!

Dive right into Quaker® Puffed Granola for a delightfully tasty experience that you will love more and more with every bite. Our unique granola blend features sweet and crunchy whole grain flakes, crispy whole grain brown rice puffs, dried fruit pieces and other delicious ingredients. With 36g of whole grains per serving, and a light and airy texture, this granola will add spoonfuls of goodness to your morning. Try it with milk, enjoy over yogurt or simply snack on it by the handful!



No Artificial  
Flavors

Good Source  
of Fiber  
Contains 6g total  
fat per serving

36g of  
Whole Grains  
per serving



Winner Breakfast Category.  
Survey of 40,000 people  
by Kantar

TRY ALL OF OUR  
DELICIOUS FLAVORS:



For special offers, information  
and to join the conversation,  
visit: QuakerOats.com,  
Facebook.com/Quaker  
or @Quaker



24g from Whole Grain  
Oats and 12g from  
Whole Grain Brown Rice

3263575503

F0000020579-L02-1

BEST BEFORE



PUFFED  
GRANOLA

We're here to help.  
QuakerOats.com or 800.234.6281  
Please have package available  
when calling.

36G  
WHOLE  
GRAINS  
PER SERVING

NO ARTIFICIAL FLAVORS

GOOD  
SOURCE OF  
FIBER

CONTAINS 6G TOTAL  
FAT PER SERVING



# PUFFED GRANOLA

## APPLE CINNAMON

FLAVOR WITH OTHER NATURAL FLAVORS

UNIQUE  
LIGHT &  
CRISPY  
TEXTURE



per serving  
230 CALORIES 0.5g SAT FAT 4% DV 80mg SODIUM 3% DV 8g ADDED SUGARS 16% DV



PUFFED  
GRANOLA



Nutrition Facts	
About 8 servings per container	
Serving size 3/4 cup (61g)	
Amount per serving	
<b>Calories 230</b>	
	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>4%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 13g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 50mg	2%
Iron 1.3mg	6%
Potassium 230mg	4%

\*The % Daily Value (DV) 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.

**INGREDIENTS:** Whole grain oats, brown rice crisp (whole grain brown rice flour, sugar, salt), sugar, canola oil, dried apple, nonfat dry milk, whey, corn starch, molasses, natural flavor, honey, whole grain wheat, cinnamon, soy lecithin, tocopherols (to preserve freshness).

**CONTAINS MILK, SOY AND WHEAT INGREDIENTS.**

DISTRIBUTED BY:  
THE QUAKER OATS COMPANY  
P.O. BOX 048003,  
CHICAGO, IL 60604-9003 U.S.A.  
©2023 The Quaker Oats Company



This package is sold by weight,  
not volume.  
Some settling may have occurred  
during shipping and handling.