





<b>Prep Time</b>		5 minutes cold; 15 minutes hot			
<b>Notes</b>					
Number of servings is based on 8.5 ounces per cup.					
<b>Nutrients per serving</b>					
Calories	140 kcal	Sat Fat	1.488 g	Total Sugars	20.337 g
Protein	8.572 g	Chol	9.8 mg	Added Sugars	8.097 g
Carb	20.764 g	Sodium	129.485 mg		
Total Fat	2.393 g	Dietary Fiber	0.134 g		