LIBERTY ORCHARDS® BAKE SHOP

Aplets & Cotlets® Oatmeal Cookies

INGREDIENTS: oatmeal, brown sugar, Aplets & Cotlets candies (sugar, corn syrup, walnuts, modified corn starch, pectin (pectin, disodium diphosphate, sodium polyphosphate, dextrose, dicalcium phosphate), natural flavors, apricot purée, apple juice concentrate, sodium citrate, citric acid, malic acid, soy lecithin), enriched flour (wheat flour, vitamin C [ascorbic acid added as a dough conditioner], enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), walnuts, unsalted butter, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, whey solids, soy lecithin, vegetable mono and diglycerides, sodium benzoate [a preservative], artificial butter flavor, beta carotene, vitamin A palminate added), eggs, granulated sugar, vanilla, water, salt, baking soda, cinnamon.

ALLERGEN INFORMATION:
Contains milk. May contain traces of peanuts, tree nuts, & seeds not listed in the ingredients.

Recommended Storage Conditions:
Tightly wrap cookie tin in plastic wrap and store at room temperature for up to one week. For longer storage, wrap tin in plastic and freeze for up to two months.

Liberty Orchards Co., Inc. • 117 Mission Avenue • Cashmere, WA 98815, USA • **www.libertyorchards.com**
Questions or Comments? Call toll-free at 1-800-888-5696 (outside the US & Canada call 509-782-1000)

Nutrition Facts

Serving Size: 1 cookie (32g)
Servings Per Container: 14

Amount Per Serving	
Calories 140	Calories from Fat 60
	% **Daily Value***
Total Fat 7g	**10**%
Saturated Fat 2g	**9**%
Trans Fat .5g	
Cholesterol 15mg	**6**%
Sodium 100mg	**4**%
Total Carbohydrate 19g	**6**%
Dietary Fiber 1g	**4**%
Sugars 11g	
Protein 2g	

Vitamin A 4% • Vitamin C 0%
Calcium 0% • Iron 4%

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g