

ORGANIC PORRIDGE WITH SOYA MILK AND BERRY
COMPOTE

Ingredients : Soya milk [SOYA] (Hulled Soya Beans 6.5% [SOYA]) ,
Gluten free jumbo oats [OATS] , Frozen mixed berries
(Raspberry,blackcurrant,Strawberries 35%,Blueberries (60%)) , Maple
syrup , Caster sugar , Cornflour

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	1109	744
Energy (KCal)	263	176
Fat (g)	4	3
of which Saturates (g)	1	0
Carbohydrate (g)	46	31
of which Sugars (g)	20	13
Protein (g)	7.69	5.16
Salt (g)	0.05	0.03
Fibre (g)	5.59	3.75

Total Weight : 149 g^e