

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 , Agave syrup , Caster sugar , Cornflour , Date syrup , Water

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	1966	432
Energy (KCal)	467	103
Fat (g)	10	2
of which Saturates (g)	2	0
Carbohydrate (g)	73	16
of which Sugars (g)	36	8
Protein (g)	17.76	3.90
Salt (g)	0.16	0.04
Fibre (g)	10.39	2.28

Total Weight : 455 g ϵ