

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