

ORGANIC PORRIDGE WITH SKIMMED MILK AND
BERRY COMPOTE

Ingredients : Skimmed milk [MILK] (Cow's Milk [MILK]) , 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)	2008	441
Energy (KCal)	473	104
Fat (g)	4	1
of which Saturates (g)	1	0
Carbohydrate (g)	87	19
of which Sugars (g)	51	11
Protein (g)	18.06	3.97
Salt (g)	0.37	0.08
Fibre (g)	8.59	1.89

Total Weight : 455 ge