

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