

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 , Caster sugar , Cornflour

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	1118	750
Energy (KCal)	264	177
Fat (g)	3	2
of which Saturates (g)	0	0
Carbohydrate (g)	49	33
of which Sugars (g)	23	16
Protein (g)	7.76	5.21
Salt (g)	0.10	0.07
Fibre (g)	5.20	3.49

Total Weight : 149 g<sup>e</sup>