

ORGANIC PORRIDGE WITH SKIMMED MILK AND
BERRY COMPOTE

Ingredients : Skimmed milk [MILK] (Cow's Milk [MILK]) , Gluten free rolled 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

For allergens please see ingredients in bold.

Please note our Bakery handle Nuts, Milk, Eggs, Soya, Peanuts, Sesame and Sulphites.

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	2008	441
Energy (KCal)	474	104
Fat (g)	4	1
of which Saturates (g)	1	0
Carbohydrate (g)	88	19
of which Sugars (g)	51	11
Protein (g)	18.00	3.96
Fibre (g)	8.60	1.89
Salt (g)	0.34	0.08

Total Weight : 455 ge