

OVERNIGHT OATS

**Ingredients** : Barista coconut milk - wh [SOYA] (Water,Coconut milk (3,5% (coconut cream, water)),Hulled Soya Beans (2.8%) [SOYA],Sugar,Fructose,Acidity regulators (Dipotassium phosphate, Monopotassium phosphate),Colouring (Calcium Carbonate),Sea Salt,Flavouring,Stabiliser (Gellan Gum)) , Coconut yoghurt (Modified maize starch,Water,Dextrose,Natural flavourings,Raising agent (Calcium Phosphate),Salt,Vitamin D2,Pectin,Vitamin B12,Colour(carotenes),Live Vegan Yoghurt cultures,Coconut Cream) , Gluten free rolled jumbo oats (4%) [OATS] , Mango , Desiccated coconut , Chia seeds , Fresh pomegranate , Date syrup , Maple syrup

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)	730	290
Energy (KCal)	212	84
Fat (g)	11	4
of which Saturates (g)	7	3
Carbohydrate (g)	20	8
of which Sugars (g)	12	5
Protein (g)	2.95	1.17
Fibre (g)	3.08	1.22
Salt (g)	0.55	0.22

Total Weight : 252 g<sup>e</sup>