

OVERNIGHT OATS

Ingredients : Coconut yoghurt (Coconut Milk (99%), Tapioca Starch, Pectin, Live Vegan Yoghurt cultures), Gluten free jumbo oats [OATS], Mango, Desiccated coconut [SULPHITES] (Coconut, sulphur dioxide [SULPHITES] [SULPHITES]), Chia seeds, Pomegranate, Date syrup, Maple syrup

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	2446	971
Energy (KCal)	591	235
Fat (g)	48	19
of which Saturates (g)	41	16
Carbohydrate (g)	28	11
of which Sugars (g)	10	4
Protein (g)	9.13	3.62
Salt (g)	0.21	0.08
Fibre (g)	5.35	2.12

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