

OVERNIGHT OATS

Ingredients : Greek yoghurt [MILK] (Skimmed Milk [MILK], Fresh pasteurised cream Fortified with milk solids [MILK], Live bio cultures) , Coconut milk (Coconut Extract, Water, Emulsifier polysorbate 50, Stabilisers (guar gum, sodium carboxy Methyl Cellulose)) , Gluten free jumbo oats [OATS] , Pomegranate , Chia seeds , Dessicated coconut[%] [SULPHITES] , Maple syrup , Coconut shavings[%] , Vanilla pod

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	1106	801
Energy (KCal)	265	192
Fat (g)	18	13
of which Saturates (g)	12	9
Carbohydrate (g)	16	12
of which Sugars (g)	8	5
Protein (g)	7.26	5.26
Salt (g)	0.15	0.11
Fibre (g)	3.38	2.45

Total Weight : 138 ge