

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 , Natural vanilla (Water, Monopropylene Glycol, Natural Vanilla)

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