



Miller's Choice c/o Just  
Natural Health & Beauty  
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#### Product

<b>Name</b>	Gluten Free Quick Cooking Oats
<b>Description</b>	Miller's Choice gluten free quick cooking oats are carefully selected from British mills to give you the porridge fuelled head start you need in the morning.
<b>Code</b>	RBM1
<b>Barcode</b>	5056078808647
<b>Country of Origin*</b>	United Kingdom
*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.	

#### Packaging

<b>Net Content</b>	400g
<b>Packaging Type*</b>	Clear plastic pouch with resealable zipper, paper label
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#### Shelf Life

<b>Maximum Shelf Life</b>	18 Months
<b>Storage Conditions</b>	Ambient (15°C - 20°C)

<b>Ingredients</b>	Gluten Free <b>OATS</b>
<b>Allergens</b>	For allergens, see ingredients in <b>BOLD</b> .

#### Nutritional Values per 100g

<b>Energy</b>	1,545KJ (367 kcal)
<b>Fat</b>	6.2g
<b>Of Which Saturates</b>	1.0g
<b>Carbohydrates</b>	60.5g
<b>Of Which Sugars</b>	1.2g
<b>Fibre</b>	9.7g
<b>Protein</b>	12.3g
<b>Salt</b>	0.0g

<b>Certifications</b>	Gluten Free
<b>Serving Requirements</b>	For 2 servings of porridge: Bring 480ml of water or milk to the boil. Add 80g of Gluten Free Quick Cooking Oats, reduce heat and cook for 3-5 minutes stirring occasionally.