

STRAWBERRY & COCONUT	STRAWBERRY & COCONUT OVERNIGHT OATS	Ingredients: Wholegrain jumbo oats (47%), mixed seeds (12%) (chia seeds (salvia hispanica), pumpkin seeds, flax seeds), complete plant protein blend (12%) (pea protein isolate, brown rice protein),dried cranberries (sweetened with apple juice) (11%), raw muscovado sugar, freeze- dried strawberry powder (5%), toasted coconut (5%), chicory root fibre, sea salt.	Typical Values:	Per Serve 86g	Per 100g
	COMPLETE OVERNIGHT OATS		Energy kJ/KCal	1452/345	1694/403
			Total Fat (g)	10.3	12
			Of Which Saturates (g)	3.7	4.4
			Carbohydrates (g)	46	53.7
			Of Which Sugars (g)	14.6	17.1
			Fibre (g)	9.2	10.8
			Protein (g)	15.4	17.9
			Salt (g)	0.5	0.58

			Beta Glucan (g)	2.1	2.4
			Manganese (mg)	1.4 (68% NRV)	1.63 (79%)
			Omega 3 ALA (g)	1.15% 72% NRV)	1.34 (84%)