

Nutritional Information

| Typical Values | Per 100g | Per 80g |
|--------------------|----------------|----------------|
| Energy | 1686kj/402kcal | 1349kj/322kcal |
| Fat | 14.0g | 11.0g |
| of which saturates | 3.5g | 2.8g |
| Carbohydrates | 39.0g | 32.0g |
| of which sugars | 5.0g | 4.0g |
| Fibre | 12.0g | 9.5g |
| Protein | 25.0g | 20.0g |
| Salt | 0.44g | 0.35g |

Ingredients

Gluten-Free Wholegrain Oat Flakes 59%, Pea Protein Powder, Date Powder, Cacao Nibs 4.7%, Flaxseeds, Chia (Salvia Hispanica) Seeds, Pumpkin Seeds, Pumpkin Protein Powder, Low-Fat Cocoa Powder 2%, Natural Flavourings, Sea Salt.

For allergens, see ingredients in bold.

Produced in a facility that handles milk, sesame seeds, peanuts, nuts and soya. Suitable for a vegan and vegetarian diet.