



PORiJ Vanilla

Flavoured instant porridge oats

We think you've shown great style and sass by choosing our Sumptuous Vanilla sensation which is bursting with sunshine and an abundance of goodness!

INGREDIENTS: Rolled **Oats** (47%), Coconut Milk Powder, (Coconut Milk, Tapioca Maltodextrin), Pumpkin Seeds, Raisins, Chopped Dates (Chopped Dates, Rice Flour), Sunflower Seeds, Inulin, Fructose, Milled Golden Flaxseed, Chia Seeds, Natural Flavourings.

NUTRITION INFORMATION

TYPICAL VALUES	Per 100g (as sold)	Per 180g (serving with 120ml water)
ENERGY	1756kJ/419kcal	1021kJ/241kcal
FAT	17.3g	8.8g
of which Saturates	7.1g	3.3g
CARBOHYDRATE	51.6g	32.7g
of which Sugars	15.3g	8.8g
FIBRE	11.0g	7.1g
PROTEIN	10.5g	6.1g
SALT	0.05g	0.03g

*Chicory inulin contributes to normal bowel function by increasing stool frequency.

ALLERGY ADVICE:

For allergens, see ingredients in **bold**.

Made in a factory that handles Peanuts and Nuts.

STORAGE:

Keep in a cool dry place. Once opened, prepare and consume immediately.

