

Ingredients List

Oats (64%), banana powder (7%), sunflower seeds (5%), pumpkin seeds (5%), cacao nibs, date powder, steviol glycosides, fava bean protein, ground peanuts, cinnamon, natural flavourings

Nutritional information

	Per g:			
	100	60	Adult Ref Intake	Claims
Energy KJ	1640	984	12%	
Energy Kcal	392	235		
Fat	10	6		
of which saturated	1.7	1.0	5%	
Carbohydrate	51	30.3	12%	
of which sugars	10	5.7	6%	
Fibre	9	5.5		High
Protein	20	11.9	24%	
Protein from en	20.2			High
Salt	0	0.0	0%	

Statement

N/A

Claims

High in Protein

Substantiation

Naturally sweetened with fruit' or 'contains naturally occurring sugars from fruit'