Tenens Way, Riverside Industrial Estate Boston, Lincolnshire, PE21 7SZ Tel: +44 (0) 1205 353353

Product Information

Product Code: PRC-BD63-0007Z

Customer Code: Spoon_Porridge_Superoats_AW_V11 Keyline Ref: RAD-03618_C Cutter Ref: SNP8572

Job Information

19-12-2024

andrew webster 100% 386.5mm x 316mm Operator: Proof Size:

39L Litho

Barcode Information

Type: EAN 13

Code: https://www.spooncereals.co.uk/pages/super-oats Type: QR

ck gle: 45° Ruling: 150lpi Coverage: 6.99% PANTONE 2582 C

PANTONE 306 C

PANTONE 7401 C Angle: 45° Ruling: 150lpi Type: Normal Coverage: 32.7%

PANTONE 7479 C ngle: 45° Ruling: 150lpi pe: Normal Coverage: 18.22%

Matt Pattern Varnish Angle: 45° Ruling: 150lpi Type: Varnish Coverage: 89.64%

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19/12/2024 APPROVED

SPOON Tastes good. PORRIDGE Does good.

SUPER OATS

BEST BEFORE

Zero waste - save your porridge from going stale and store in an airtight container.

Zero spillage - use scissors

10 SERVINGS PER PACK NO SWALL TALK BEFORE BREAKFAST

SPOON

Sounds good, right?



SPOON®

PORRIDGE

SPOON

SUPER OATS

Nature-positive porridge, sustainably made with upcycled oats (a nutritious by-product made from oat milk) and British chia seeds.

SPOON

LOCALLY **SOURCED** NGREDIENTS

FIGHTING **FOOD WASTE**

HIGH FIBRE

GLUTEN-FREE

SOURCE OF PROTEIN

BUZZ WORDS DONE. LET'S EAT!

www.spooncereals.co.uk

SUPER OATS

Nutritiously Delicious Porridge Mix



High Fibre | Gluten-Free | Source of Protein

NATURE POSITIVE PORRIDGE

INGREDIENTS: Gluten Free Oats [Jumbo Oats, Rolled Oats] (93%), Gluten Free Upcycled Oats

For allergens, see ingredients in bold.

May contain traces of nuts, peanuts

\	PER 100g/50g (%**)	1
NERGY	1520kJ/760kJ (9%)	
	361kcal/181kcal (9%)	
AT	6.6g/3.3g (5%)	
OF WHICH SATURATES	1.5g/0.8g (4%)	
ARBOHYDRATE	57g/29g (11%)	
OF WHICH SUGARS	1.9g/0.9g (1%)	
IBRE	11g/5.2g	
ROTEIN	13g/6.4g (12%)	
ALT		

Pack contains 10 portions of 50g Reference intake for an average adult (8400kJ/2000 kcal).

PERFECT YOUR PORRIDGE

OPTION 1: Pour 50g of our porridge mix into a saucepan, pour in 250ml milk or water and sprinkle in a pinch of salt. Bring to the boil and simmer for 3 minutes, stirring from time to time and watching carefully that it doesn't stick to the bottom of the pan.

OPTION 2: Or you can try this in a microwave. Mix the porridge with milk or water and a pinch of salt in a large microwave proof bowl, then microwave on High for 3 minutes, stirring halfway through. Handle with care: the bowl and porridge will be hot.

SERVING SUGGESTION: Pour your porridge into a bowl with your favourite yoghurt, thinned with a little milk on top and drizzle with maple syrup (if

You deserve better than boring for breakfast.

This is not just another porridge.

nis is a nutritiously delicious blend of gluten-free oats, pcycled oats* and UK-grown chia seeds.

We're proud to be highlighting the benefits of regenerative farming and lower-impact food production by working directly with our local, plant-based ingredient pliers - doing our bit for a more sustainable food future.

What on earth are upcycled oats?









A naturally high in protein and







#MakingBreakfastBetter

SC022



Cereals, Suite 31 The Pottery



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GSP/Artwork House: Fly
Profile: 39L Litho

Barcode Information Code: 5060419540240 Type: EAN 13

Code: https://www.spooncereals.co.uk/pages/super-oats
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Code: 5037794788567 Type: EAN 13

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Colour Information

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