

Ingredients List

Oats, Freeze dried strawberry pieces (2%), strawberry powder (2%), beetroot powder, sunflower seeds (5%), pumpkin seeds (5%), chia seeds, date powder, steviol glycosides (stevia), fava bean protein, natural flavouring

Nutritional information

	Per g:			
	100	60	Adult Ref Intake	Claims
Energy KJ	1631	978	12%	
Energy Kcal	390	234		
Fat	10	6		
of which saturat	2.0	1.0	5%	
Carbohydrate	50	29.8	11%	
of which sugars	5	3.3	4%	
Fibre	9	5.6		High
Protein	20	12.0	24%	
Protein Calculati	20.4			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'