

APPLE & CINNAMON OVERNIGHT OATS	APPLE & CINNAMON	Ingredients: Wholegrain jumbo oats (47%), dried fruit (raisins, diced dried apple (9%)), mixed seeds (12%) (chia seeds (salvia hispanica), pumpkin seeds, flax seeds), complete plant protein blend (12%) (pea protein isolate, brown rice protein), raw muscovado sugar, chicory root fibre, cinnamon (1.2%), sea salt	Typical Values:	Per Serve 86g	Per 100g
	COMPLETE OVERNIGHT OATS		Energy kJ/KCal	1366/325	1594/379
			Total Fat (g)	7.6	8.9
			Of Which Saturates (g)	1.2	1.4
			Carbohydrates (g)	46.9	54.8
			Of Which Sugars (g)	17.3	20.2
			Fibre (g)	8.6	10
			Protein (g)	15.2	17.7

			Salt (g)	0.5	0.58
			Beta Glucan (g)	2.1	2.4
			Manganese (mg)	1.4(68% NRV)	1.63 (79%)
			Omega 3 ALA (g)	1.15g (72% NRV)	1.34 (84%)