amisa

SPELT & DELIGHTFUL



Ingredients: Puffed **Spelt wheat*** (90%), Honey* (10%). *= Certified Organic Ingredients. Allergy advice: For allergens, including cereals containing **gluten**, please see ingredients in **bold**. Not suitable for **soya** or **lupin** allergy sufferers due to manufacturing methods. Store cool and dry.





Average nutritional values per 100g

ENERGY 1574kJ/372kcal of which sugars 13.2g FAT 2.3g FIBRE 7.6g of which saturates 0.5g PROTEIN 12.0g CARBOHYDRATE 72g SALT 40.05g

Best before: See stamp.

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