



LEMON & BLUEBERRY

100% NATURAL INGREDIENTS

Gluten Free Jumbo Oats (41.5%), Dates, Extra Virgin Olive Oil, Chicory Root Fibre, Sunflower Seeds, Maple Syrup, Freeze-Dried Blueberries, Pumpkin Seeds, Lemon Oil.

NUTRITION

	Per 100g	Per 30g
Energy	1607kJ / 385kcal	482kJ / 115kcal
Fat	15g	4.6g
of which saturates	2.3g	0.7g
Carbohydrate	48g	15g
of which sugars	19g	5.6g
Fibre	12g	3.7g
Protein	6.9g	2.1g
Salt	0.10g	0.03g