

Nutritional Information	100g	75g	Ingredients	
Energy (kJ)	1726	1294	<b>Oats</b> (32%) (Rolled <b>Oats</b> , Jumbo <b>Oats</b> , Toasted <b>Oats</b> [ <b>Oats</b> , Sugar, Vegetable Oil (Palm)]), <b>Milk</b> Protein, Glycerine, Dark Chocolate Chips (7.6%) (Cocoa Mass, Sugar, Emulsifier [ <b>Soy</b> Lecithin], Flavouring), Maltodextrin, Glutamine Peptide ( <b>Wheat</b> ), Chocolate Flavour Coating (7.5%) (Sugar, Vegetable Oil (Palm), Cocoa Powder, Emulsifier [ <b>Soy</b> Lecithin], Flavouring), <b>Soy</b> Protein, Vegetable Oil (Palm), Flavouring, Sweetener (Sucralose).	
Energy (kcal)	413	310		
Fat (g)	11.5	8.6		
- of which saturates (g)	5.7	4.3		
Carbohydrate (g)	50.3	37.7		
- of which sugars (g)	11.3	8.5		
Fibre (g)	4.3	3.2		<b>Allergy Information</b>
Protein (g)	24.9	18.7		For allergens, including cereals containing gluten, see ingredients in <b>bold</b> . Also may contain nuts and peanuts.
Salt (g)	0.25	0.19		