

| Nutritional Information  | 100g  | 75g   |
|--------------------------|-------|-------|
| Energy (kJ)              | 1686  | 1264  |
| Energy (kcal)            | 403.2 | 302.4 |
| Fat (g)                  | 10.5  | 7.9   |
| - of which saturates (g) | 5.6   | 4.2   |
| Carbohydrate (g)         | 50.7  | 38.1  |
| - of which sugars (g)    | 12.6  | 9.5   |
| Fibre (g)                | 3.0   | 2.3   |
| Protein (g)              | 24.9  | 18.7  |
| Salt (g)                 | 0.25  | 0.19  |

#### Ingredients

**Oats** (32%) (Rolled **Oats**, Jumbo **Oats**, Toasted **Oats** [**Oats**, Sugar, Vegetable Oil (Palm)]], **Milk** Protein, Glycerine, Glutamine Peptide (**Wheat**), Maltodextrin, White Chocolate Flavour Coating (7.5%) (Sugar, Vegetable Oil (Palm), Whole **Milk** Powder, Emulsifier [**Soy** Lecithin], Flavouring), **Soy** Protein, White Chocolate Chips (3.8%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier [**Soy** Lecithin], Flavouring), Strawberry Flavour Fruit Pieces (3.8%) (Fruit [Concentrated Apple Puree, Strawberry Puree], Fructose [Glucose Syrup], Sugar, Humectant [Glycerine], **Wheat** Fibre, Vegetable Oil (Palm), Acidity Regulator (Malic Acid), Gelling Agent [Pectin], Concentrates [Black Carrot, Blueberry, Pumpkin], Natural Flavouring), Vegetable Oil (Palm), Flavouring, Sweeteners (Sucralose).

#### Allergy Information

For allergens, including cereals containing gluten, see ingredients in **bold**. Also may contain nuts and peanuts.