

## Ingredients:

Gluten Free **Oat**flakes (36%), Gluten Free **Oat** Flour, Golden Syrup, Rapeseed Oil, Gluten Free Puffed Rice (Rice, Sugar, Salt, Sugarsyrup (Sugar, Invert Sugar Syrup, Molasses), Iron, Vitamins B3,B5,B9,B6,B2), Dairy Free Alternative To White Chocolate (5%) (Sugar, Cocoa Butter [36%], Rice Flour, Natural Flavouring, Emulsifier (Sunflower Lecithin).), Sugar, Natural Flavouring, Salt, Natural Flavour

For allergens, including oats see in **bold**.

One box is 460g

## Nutrition

---

	<b>per 100g</b>	<b>per 40g</b>
Energy	1863kJ/444kcal	745kJ/178kcal
Fat	17g	7.0g
of which Saturates	2.6g	1.0g
Carbohydrate	61g	24g
of which Sugars	21g	8.4g
Fibre	5.8g	2.3g
Protein	8.0g	3.2g
Salt	0.25g	0.10g