

- **Oats:** Usually the primary ingredient, making up **45% to 52%** of the bar.
- **Vegetable Margarine:** A blend of **palm oil, rapeseed oil, water,** and salt.
- **Yoghurt Flavour Coating (approx. 10-15%):**
 - Sugar and vegetable oils (palm kernel, palm).
 - **Whey Powder and Skimmed Milk Yoghurt Powder.**
 - **Fortified Wheat Flour** (contains Calcium Carbonate, Iron, Niacin, Thiamin).
 - **Emulsifier: Usually Soya Lecithin.**
- **Sweeteners:** Inverted sugar syrup (golden syrup), sugar,