

## Ingredients:

Gluten Free **Oat**flakes, Gluten Free **Oat** Flour, Golden Syrup, Rapeseed Oil, Natural Dried Sour Cherries, Sugar, Gluten Free Puffed Rice (Rice, Sugar, Salt, Sugarsyrup (Sugar, Invert Sugar Syrup, Molasses), Natural Flavouring, Salt

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

One box is 460g

## Nutrition

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	<b>per 100g</b>	<b>per 40g</b>
Energy	1971kJ/470kcal	788kJ/188kcal
Fat	18g	7.1g
of which Saturates	2.1g	0.9g
Carbohydrate	65g	26g
of which Sugars	24g	9.5g
Fibre	7.0g	2.8g
Protein	8.9g	3.6g
Salt	0.26g	0.10g