

Lemon Drizzle Porridge

Gluten free porridge **oats**, Flaked **almonds**, Ground **almonds**, Coconut sugar, Lemon oil (2.8%), Natural vanilla flavouring.

See allergens in **bold**.

Made in a facility that handles nuts. May contain traces of tree nuts and peanuts.

	PER 100G	PER 40G SERVINGS
Energy (kJ)	1801	720
Energy (kcal)	429	171
Fat (g)	13	5.4
of which saturates (g)	1.7	0.7
Carbohydrate (g)	60	24
of which sugars (g)	12	5
Fibre (g)	8.7	3.5
Protein (g)	12	5
Salt (g)	0	0

Cherry Bakewell Porridge

Gluten free porridge **oats**, Coconut sugar, Ground **almonds**, Dried cherries (5.5%), Flaked **almonds** (5.5%), Natural **almond** extract

See allergens in **bold**.

Made in a facility that handles nuts. May contain traces of tree nuts and peanuts. May contain the occasional cherry pit piece.

	PER 100G	PER 40G SERVINGS
Energy (kJ)	1834	734
Energy (kcal)	437	175
Fat (g)	15	5.9
of which saturates (g)	1.7	0.7
Carbohydrate (g)	58	23
of which sugars (g)	12	5
Fibre (g)	7.9	3.2
Protein (g)	14	5.4
Salt (g)	0.03	0

Apple Pie Porridge

Gluten free porridge **oats**, Flaked **almonds**, Dried Apple (7.5%), Apple Powder (5.8%), Coconut sugar, Raisins [Raisins (99.5%), Sunflower oil (0.5%)], Ground cinnamon

See allergens in **bold**.

Made in a facility that handles nuts. May contain traces of tree nuts and peanuts.

	PER 100G	PER 40G SERVINGS
Energy (kJ)	1718	687
Energy (kcal)	408	163
Fat (g)	10	4.1
of which saturates (g)	1.3	0.5
Carbohydrate (g)	62	25
of which sugars (g)	16	6.6
Fibre (g)	8.8	3.5
Protein (g)	12	4.8
Salt (g)	0	0

Maple & Pecan Pie Porridge

Gluten free porridge **oats**, **Pecans** (12%), Coconut sugar, Natural Maple Flavouring (3%)

See allergens in **bold**.

Made in a facility that handles nuts. May contain traces of tree nuts and peanuts.

	PER 100G	PER 40G SERVINGS
Energy (kJ)	1798	719
Energy (kcal)	428	171
Fat (g)	12	4.9
of which saturates (g)	1.4	0.6
Carbohydrate (g)	63	25
of which sugars (g)	9.6	3.8
Fibre (g)	7.9	3.1
Protein (g)	13	5.1
Salt (g)	0.03	0

Cinnamon Bun Porridge

Gluten free porridge **oats**, Raisins (11.3%) [Raisins (99.5%), Sunflower oil (0.5%)], Coconut sugar, Ground cinnamon (1.8%)

See allergens in **bold**.

Made in a facility that handles nuts. May contain traces of tree nuts and peanuts.

	PER 100G	PER 40G SERVINGS
Energy (kJ)	1586	634
Energy (kcal)	375	150
Fat (g)	3.9	1.6
of which saturates (g)	0.7	0.3
Carbohydrate (g)	69	27
of which sugars (g)	17	6.9
Fibre (g)	8.2	3.3
Protein (g)	12	4.8
Salt (g)	0.09	0.04

Carrot Cake Porridge

Gluten free porridge **oats**, Coconut sugar, **Pecans**, Raisins [Raisins (99.5%), Sunflower oil (0.5%)], Dried carrot (3%), **Walnuts**, Natural orange extract, Ground ginger, Ground nutmeg, Ground cinnamon

See allergens in **bold**.

Made in a facility that handles nuts. May contain traces of tree nuts and peanuts.

	PER 100G	PER 40G SERVINGS
Energy (kJ)	1723	689
Energy (kcal)	409	164
Fat (g)	9.8	3.9
of which saturates (g)	1.4	0.6
Carbohydrate (g)	63	25
of which sugars (g)	13	5.2
Fibre (g)	9	3.6
Protein (g)	13	5.1
Salt (g)	0.07	0.03