

## Ingredients:

Gluten Free **Oat**flakes (38%), 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 (3%) (Sugar, Cocoa Butter [36%], Rice Flour, Natural Flavouring, Emulsifier (Sunflower Lecithin).), Sugar, Strawberry (1%), Natural Flavour, Salt, Natural Flavouring

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	1907kJ/455kcal	763kJ/182kcal
Fat	18g	7.1g
of which Saturates	2.8g	1.1g
Carbohydrate	62g	25g
of which Sugars	22g	8.6g
Fibre	6.0g	2.4g
Protein	8.3g	3.3g
Salt	0.26g	0.10g