Box of comforts ingredients:

Cartwright & Butler 180g chocolate oat crumblesOats (38%), Milk Chocolate (20%) (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Salted Butter (23%) (Milk, Salt), Sugar. Milk chocolate contains cocoa solids 35% minimum, milk solids 21% minimum. May contain nuts, eggs, mustard, peanut and sesame seeds.