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Organic Wholegrain Oatmeal



GROWN USING
NATURAL AND
EARTH-FRIENDLY
METHODS



HIGH
FIBER



DAIRY
FREE



NO ADDED
SUGAR



VEGAN
FRIENDLY



WHOLE
GRAIN





100 G NUTRITION FACTS	
Energy	1532 kJ 363 kcal
Fat	5.8 g
of which saturates	1.0 g
Carbohydrate	62.8 g
of which sugars	18.0 g
Fibre	9.7 g
Protein	10.2 g
Salt	0.01 g

Ingredients: rolled oat flakes*, apples*, date powder*, cinnamon*.
* ORGANIC PRODUCTS

Net Weight: 60g



100 G NUTRITION FACTS	
Energy	1539 kJ 365 kcal
Fat	6.4 g
of which saturates	1.1 g
Carbohydrate	60.6 g
of which sugars	11.5 g
Fibre	10.3 g
Protein	11.2 g
Salt	0.01 g

Ingredients: rolled oat flakes*, date powder*, raspberries*, blueberries*, cranberries*.
* ORGANIC PRODUCTS

Net Weight: 60g



100 G NUTRITION FACTS	
Energy	1501 kJ 356 kcal
Fat	5.4 g
of which saturates	0.9 g
Carbohydrate	62.6 g
of which sugars	19.8 g
Fibre	8.7 g
Protein	9.9 g
Salt	0.01 g

Ingredients: rolled oat flakes*, apricots* (apricots* 95%, rice flour*), banana powder*, date powder*.
* ORGANIC PRODUCTS

Net Weight: 60g



100 G NUTRITION FACTS	
Energy	1601kJ 380kcal
Fat	8.1 g
of which saturates	3.0 g
Carbohydrate	61.0 g
of which sugars	14.0 g
Fibre	9.4 g
Protein	11.2 g
Salt	0.01 g

Ingredients: rolled oat flakes*, date powder*, banana powder*, strawberries*, coconut powder* (coconut paste*, coconut cream*, coconut flour*).*
* ORGANIC PRODUCTS

Net Weight: 60g



100 G NUTRITION FACTS	
Energy	1532 kJ 363 kcal
Fat	5.8 g
of which saturates	1.0 g
Carbohydrate	62.2 g
of which sugars	16.5 g
Fibre	10.3 g
Protein	10.5 g
Salt	0.01 g

Ingredients: rolled oat flakes*, apples*, date powder*, raspberries*.
* ORGANIC PRODUCTS

Net Weight: 60g