

Nutritional Information	100g	75g	Ingredients
Energy (kJ)	1679.6	1260	Oats (32%) (Rolled Oats , Jumbo Oats , Toasted Oats [Oats , Sugar, Vegetable Oil [Palm]]), Milk Protein, Glycerine, Maltodextrin, Glutamine Peptide (Wheat), White Chocolate Flavour Coating (7.5%) (Sugar, Vegetable Oil [Palm], Whole Milk Powder, Emulsifier [Soy Lecithin], Flavouring), Soy Protein, Cranberry Pieces (3.5%) (Sugar, Cranberries), White Chocolate Chips (3.5%) (Sugar, Cocoa Butter, Whole Milk Powder, Emulsifier [Soy Lecithin], Flavouring), Vegetable Oil (Palm), Flavouring, Sweetener (Sucralose).
Energy (kcal)	401.82	301.36	
Fat (g)	10.32	7.74	
- of which saturates (g)	4.59	3.44	
Carbohydrate (g)	50.61	37.96	
- of which sugars (g)	12.86	9.65	
Fibre (g)	3.25	2.44	
Protein (g)	25	18.75	
Salt (g)	0.25	0.19	
			Allergy Information For allergens, including cereals containing gluten, see ingredients in bold . Also may contain nuts and peanuts.