

| Nutritional Information  | 100g | 75g  | Ingredients  |
|--------------------------|------|------|--|
| Energy (kJ)              | 1726 | 1294 | <b>Oats</b> (32%) (Rolled <b>Oats</b> , Jumbo <b>Oats</b> , Toasted <b>Oats</b> [ <b>Oats</b> , Sugar, Vegetable Oil [Palm]]), <b>Milk</b> Protein, Glycerine, Dark Chocolate Chips (7.6%)(Cocoa Mass, Sugar, Emulsifier [ <b>Soy</b> Lecithin], Flavouring), Maltodextrin, Glutamine Peptide ( <b>Wheat</b> ), Chocolate Flavour Coating (7.5%)(Sugar, Vegetable Oil (Palm), Cocoa Powder, Emulsifier [ <b>Soy</b> Lecithin], Flavouring), <b>Soy</b> Protein, Vegetable Oil (Palm), Flavouring, Sweetener (Sucralose). |
| Energy (kcal)            | 413  | 310  |  |
| Fat (g)                  | 11.5 | 8.6  |  |
| - of which saturates (g) | 5.7  | 4.3  |  |
| Carbohydrate (g)         | 50.3 | 37.7 |  |
| - of which sugars (g)    | 11.3 | 8.5  |  |
| Fibre (g)                | 4.3  | 3.2  | <b>Allergy Information</b>   |
| Protein (g)              | 24.9 | 18.7 | For allergens, including cereals containing gluten, see ingredients in <b>bold</b> . Also may contain nuts and peanuts.  |
| Salt (g)                 | 0.25 | 0.19 |  |