

Nutritional Information	100g	75g
Energy (kJ)	1726	1294
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
Protein (g)	24.9	18.7
Salt (g)	0.25	0.19

Ingredients

Oats (32%)(Rolled **Oats**, Jumbo **Oats**, Toasted **Oats** [**Oats**, Sugar, Vegetable Oil [Palm]]), **Milk** Protein, Glycerine, Maltodextrin, Glutamine Peptide (**Wheat**), Chocolate Flavour Coating (7.5%)(Sugar, Vegetable Oil [Palm], Cocoa Powder, Emulsifier [**Soy** Lecithin], Flavouring), **Soy** Protein, Dark Chocolate Chips (3.75%) (Cocoa Mass, Sugar, Emulsifier [**Soy** Lecithin], Flavouring), White Chocolate Chips (3.75%) (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier [**Soy** Lecithin], Flavouring), Vegetable Oil (Palm), Flavouring, Sweetener (Sucralose).

Allergy Information

For allergens, including cereals containing gluten, see ingredients in **bold**. Also may contain nuts and peanuts.