

daily oats

ORGANIC PORRIDGE



Weight: 550g
Price: £3.19

morning glory

ORGANIC PORRIDGE



Weight: 550g
Price: £3.49

fruity date

ORGANIC PORRIDGE



Weight: 550g
Price: £3.99

no flamin' raisins

ORGANIC MUESLI



Weight: 520g
Price: £4.09

no nuts*

ORGANIC MUESLI



Weight: 520g
Price: £4.09

the ultimate

ORGANIC MUESLI



Weight: 520g
Price: £5.99

Ingredients:

Porridge Oats, Jumbo Oats.

Ingredients:

Porridge Oats, Jumbo Oats, Oatmeal, Barley Flakes, Rye Flakes, Golden Linseeds, Sesame Seeds, Pumpkin Seeds, Sunflower Seeds, Buckwheat Flakes, Poppy Seeds, Quinoa Flakes.

Ingredients:

Porridge Oats, Jumbo Oats, Oatmeal, Dates (12%), Apricots, Apple, Ground Apple, Cinnamon.

Ingredients:

Jumbo Oats, Porridge Oats, Barley Flakes, Rye Flakes, Pumpkin Seeds, Brazil Nuts, Apple, Almonds, Mango, Apricot, Dates, Cinnamon.

Ingredients:

Jumbo Oats, Porridge Oats, Apricots, Barley Flakes, Rye Flakes, Apple, Sultanas, Dates, Golden Linseeds, Sunflower Seeds, Pumpkin Seeds, Raisins.

Ingredients:

Oats, Rye Flakes, Barley Flakes, Blueberries, Apricots, Almonds, Brazil Nuts, Dates, Golden Linseeds, Pumpkin Seeds, Sultanas, Sunflower Seeds, Raisins, Cranberries, Quinoa, Apple, Buckwheat Flakes, Goji Berries, Hazelnuts, Puffed Rice, Poppy Seeds, Sesame Seeds, Cinnamon.

Nutritional Information:

Typical values per 100g	
Energy	350 kcal 1478 kJ
Protein	10.2 g
Total dietary fibre	9.1 g
Carbohydrates	62.8 g
of which, sugars	0.9 g
Fat	6.4 g
of which saturates	1.7 g
monounsaturates	1.4 g
polyunsaturates	3.3 g
Sodium	<0.05g

Nutritional Information:

Typical values per 100g	
Energy	351 kcal 1482 kJ
Protein	12.2 g
Total dietary fibre	12.4 g
Carbohydrates	57.1 g
of which, sugars	0.7 g
Fat	8.2 g
of which saturates	2.0 g
monounsaturates	2.1 g
polyunsaturates	4.1 g
Sodium	0.05g

Nutritional Information:

Typical values per 100g	
Energy	333 kcal 1410 kJ
Protein	10.2 g
Total dietary fibre	7.6 g
Carbohydrates	69.0 g
of which, sugars	16.5 g
Fat	5.0 g
of which saturates	1.5 g
monounsaturates	2.4 g
polyunsaturates	1.1 g
Sodium	<0.05g

Nutritional Information:

Typical values per 100g	
Energy	369 kcal 1560 kJ
Protein	11 g
Total dietary fibre	9.7 g
Carbohydrates	65.6 g
of which, sugars	3.2 g
Fat	10.8 g
of which saturates	4.2 g
monounsaturates	5.6 g
polyunsaturates	1.1 g
Sodium	<0.05g

Nutritional Information:

Typical values per 100g	
Energy	312 kcal 1316 kJ
Protein	11.4 g
Total dietary fibre	13.1 g
Carbohydrates	49.7 g
of which, sugars	12.3 g
Fat	7.5 g
of which saturates	1.3 g
monounsaturates	2.5 g
polyunsaturates	3.7 g
Sodium	<0.05g

Nutritional Information:

Typical values per 100g	
Energy	326 kcal 1375 kJ
Protein	10.8 g
Total dietary fibre	12.3 g
Carbohydrates	50.5 g
of which, sugars	12.2 g
Fat	9.0 g
of which saturates	1.4 g
monounsaturates	4.0 g
polyunsaturates	3.6 g
Sodium	<0.05g

- ✓ Wheat-free ✓ No Added Salt
- ✓ No Added Sugar
- ✓ Organic ✓ High in Fibre
- ✓ Wholegrain

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- ✓ Wheat-free ✓ No Added Salt
- ✓ No Added Sugar ✓ Nut-free
- ✓ Organic ✓ High in Fibre
- ✓ Wholegrain

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- ✓ Organic ✓ High in Fibre
- ✓ Wholegrain

* This muesli is mixed and packed in a nut-free environment. However we cannot guarantee that there are absolutely no nuts in this pack.