

NUTRITION INFORMATION

Serving Size: 30.0g | Servings Per Pack: ~5

Nutrient	Per 100g	Per Serving (30.0g)
Energy	457 kcal	137 kcal
Protein	12.8 g	3.8 g
Carbohydrate	59.6 g	17.9 g
of which Total Sugars	24.6 g	7.4 g
of which Added Sugars	22.4 g	6.7 g
Total Fat	21.0 g	6.3 g
of which Saturated Fat	5.0 g	1.5 g
of which Trans Fat	0 g	0 g
Sodium	95 mg	28 mg

Ingredients: Oats (40%), Honey (20%), Peanut Butter (15%), Almonds (10%), Cashew Nuts (8%), Jaggery (5%), Coconut Oil (2%)

No known allergens

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