

1 OF YOUR 5 A DAY
READY BREK
SMOOTHIES

SEE BACK
OF PACK

100g serving with 100ml milk (approximate) (100g serving)

Energy Total 1450kJ	Fat 5.5g	Starch 5.5g	Sugars 7.2g	Salt 0.21g
8%	7%	10%	8%	4%

of 50g added to 100ml milk (approximate)
Optional nutrients per 100g (approximate)
100g/100ml

'mmm
oats'

Ready
Brek.

ORIGINAL

SUPER SMOOTH OATS

450g

Calcium for
HEALTHY BONES
AND TEETH*

Vitamin D for
A HEALTHY
IMMUNE SYSTEM*

Oat Fibre for
HEALTHY
DIGESTION*

NO ADDED
SUGAR*