

NUTRITIONAL INFORMATION

SERVES PER PACK:5 SERVING SIZE:50g APPROX

Nutrient	Quantity per serving	Quantity per 100g
Energy	1820kJ	639kJ
Protein	12.3g	4.3g
Fat – Total	29.7g	10.4g
– Saturated	2.2g	0.8g
Carbohydrate – Total	27.0g	9.5g
– Sugars	22.0g	7.7g
Sodium	96mg	34mg

INGREDIENTS

Almond Meal(74%), Sunflower Seeds, Spices (Cinnamon, Nutmeg, Ginger), Sesame Seeds, Chia Seeds.

Store in a cool, dry place out of direct sunlight.

Contains Tree Nuts (Almond), Sesame Seeds

These values are for a serve of porridge weighing approximately 285g, produced when porridge is prepared according to pack directions.