

## Nutrition

	per 100g	per 180g
Energy	817kJ/194kcal	1471kJ/350kcal
Fat	4.5g	8.1g
of which Saturates	3.2g	5.7g
Carbohydrate	30g	54g
of which Sugars	19g	33g
Protein	2.2g	3.9g
Salt	0.43g	0.77g

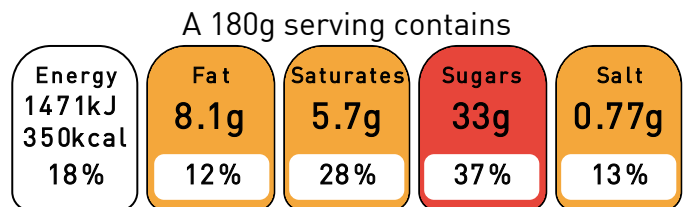
## Ingredient Declaration

Water, Sugar, White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Modified Starch (Potato), Sucrose, Glucose Fructose Syrup, Whey Powder [**Milk**], Apple, Palm, **Milk** Powder, Palm Fractions, Rapeseed Oil, Vegetable Fat, Thickener (E263, E339, E401, E450a), Rapeseed, **Milk** Protein, Glucose Syrup, Dextrose, Maltose, Salt, Colours (E160b, E100), Plum, Rhubarb, Anthocyanins (E163), Pectin (E440), Citric Acid (E330), Raspberry Flavour, Trisodium Citrate (E331iii), Emulsifier (E471, E472b), Colours (E160b, E101), Emulsifier (E471), Flavouring (E160b Annatto, E100 Curcumin)

## Allergens

- Contains Gluten !
- Contains Wheat !
- Contains Rye !
- Contains Barley !
- Contains Oats !
- Contains Spelt !
- Contains Milk !
- Suitable for Vegetarians

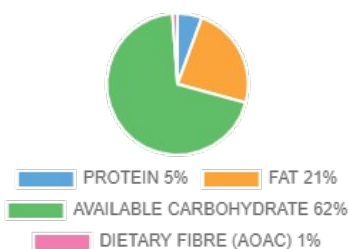
## Front of Pack



of an adult's reference intake

Typical values per 100g: 817kJ/194kcal

## Energy Contributions



## 5 a Day

A 180g serving provides...

**NO PORTIONS** of your five-a-day

