



300539C Ready Brek



Pack Size: 12 X 450G

Details: Lovingly made from wholegrain rolled oats, every bowl of Ready brek is packed full of goodness. Super smooth and with no added salt or sugar.

Allergen Information

Contains:

Cereal, Gluten

Free from:

Celery, Crustaceans, Eggs, Fish, Nuts, Lupin, Molluscs, Mustard, Peanuts, Sesame, Sulphur Dioxide, Soya

May contain:

Milk

Suitable for:

Kosher, Vegetarians

Handling Information

Directions For Use:

Measure 5 heaped dessert spoon (30g) of Ready brek into a microwaveable bowl. Mix it with 150ml of milk and stir. Microwave for 1 1/2 minutes, stirring halfway through.* stand for 1 minute before serving.

*Based on 750W Category D and 1000W Category E microwaves.

Storage Instructions:

Store in a cool, dry and odour free place.

Product Ingredients

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Wholegrain Rolled **OATS** (60%), Wholegrain **OAT** Flour (38%), Calcium, Niacin, Iron, Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12.

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

374 kcal / 1575 kJ

Fat:

8.7 g

of which saturates:

1.2 g

Carbohydrates:

58 g

of which sugars:

1 g

Fibre:

7.9 g

Protein:

12 g

Salt:

0.03 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.