



300539S Ready Brek



Pack Size: 450G PKT

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

Free from:
Celery, Crustaceans, Eggs, Fish, Gluten, Mustard, Lupin, Molluscs, Nuts, 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



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.