



309397C Superfast Oats (Mornflake)



Pack Size: 4 X 3KG

Details: The oats are cut into three before gently rolling them. The smaller oat flakes absorb the water or milk quicker, making them cook superfast, perfect for a smooth and creamy porridge.

Allergen Information

Contains:

Cereal

Free from:

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

Suitable for:

Kosher, Halal, Vegetarians, Vegan

Handling Information

Directions For Use:

On the Hob

In a saucepan mix 40g of Mornflake Superfast Oats with 285mls (1/2 pint) of cold water. Bring to the boil and then stir continuously for 1 minute. Remove from the heat and stand for 1 minute. If you like your porridge creamier make as above with

Storage Instructions:

Store in a cool, dry place away from strong odours. Once opened stored in an airtight container.

Product Ingredients

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Mornflake OATFLAKES (100%)

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

367 kcal / 1543 kJ

Fat:

8.4 g

of which saturates:

1.3 g

Carbohydrates:

56.1 g

of which sugars:

1 g

Fibre:

9.1 g

Protein:

12.1 g

Salt:

0.01 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.