



## 309927C Gluten Free Oats (Mornflake)



**Pack Size:** 6 X 600G

**Details:** These gluten free oats are delicious and wholesome. Ideal if you like a hearty porridge or perfect for making flapjacks.

### Allergen Information

**Contains:**  
Cereal

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

**Suitable for:**  
Coeliacs, Vegetarians, Vegan

### Handling Information

#### Directions For Use:

On the Hob (Recommended)

1. For one portion mix 40g (1/2 cup) with 200ml (1 cup) water or milk in a saucepan and bring to boil.
2. Boil for 1 minute while stirring gently.

#### Storage Instructions:

Store in a cool, dry place away from strong odours. To maintain optimum quality after opening store in an airtight container and use within two months, and by the best before date.

### Product Ingredients

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Mornflake Gluten Free Porridge **OATS** (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.