

OAT MEAL READY MIX



300 gr can

Our oatmeal ready mix is made from whole-grain oats, a wholesome foundation that provides a fiber-rich base with healthy properties and the ability to keep you feeling full and energized for hours.

Ingrediens

Oats (gluten), skimmed **milk** concentrate, lactose (**milk**), palm oil, whey protein concentrate (**milk**), sugar, rapeseed oil, malt (**gluten**)

Nutrition information (per 100 gr)

(Per 100 gr)

Energy	1632 kJ
	388 kcal
Fat	8,6 gr
of which saturated fat	1,7 gr
Carbohydrate	56 gr
of which sugars	15 gr
Fiber	7,5 gr
Protein	18 gr
Salt	0,03 gr

Product specifications

Duration: 24 months from production date
Produced in Denmark

Preparation for usage: Tear off foil top of the can. Add approx. 150-200 ml of cold or hot water to the oatmeal mix directly in the can. Stir water and oat meal mix together to a smooth mixture: ready to eat!

