

INSTANT **Pro&Oats**

Why Instant Pro & Oats? It's simple, you've already been mixing them for years, now it's more convenient for you. We added 100% wholegrain oats to our deliciously tasty whey protein to create the ideal on-the-go breakfast or snack. Now go out and take on your busy day!

EFFECTIV™

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Manufactured and Distributed in the EU for
EFFECTIV NUTRITION

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INSTANT **Pro&Oats**

It's porridge... with protein!

**22g
PROTEIN**

**chocolate
FLAVOUR**

^NO ADDED SUGAR

READY IN 2 MINUTES  JUST ADD HOT WATER

PER 60 GRAM
SERVING

ENERGY
887 KJ 11%
211 Kcal

FAT
4.3g 6%

SATURATES
2.0g 10%

SUGARS
3.4g 4%

SALT
0.2g 4%

of the reference intake*

Recommended Use: Add 75-150ml of boiling water depending on desired consistency. Stir well and leave to stand for 1-2 minutes.

Nutrition Information

Serving Size: 1 Pot (60g)

Servings Per Container 1

	Per 100g	Per 60g	%RI*
Energy KJ	1478	887	11
Energy Kcal	351	211	11
Fat (g)	7.1	4.3	6
of which saturates (g)	3.4	2.0	10
Carbohydrate (g)	30.9	18.5	7
of which sugars (g)	5.6	3.4	4
Fibre (g)	9.1	5.5	**
Protein (g)	36.3	22	44
Salt (g)	0.4	0.2	4

*RI = Reference intake of an average adult (8400kJ/2000kcal)

** RI Not Established

Salt content is due to naturally occurring sodium.

Ingredients: Wholegrain Oat Flakes (44%), Whey Protein Concentrate [Contains Emulsifier: **Soya Lecithin**] (Milk), Skim Milk Powder, Fructo-Oligosaccharide, Reduced Fat Cocoa Powder, Thickener (Carboxymethyl Cellulose, Xanthan Gum), Flavouring, Sweetener (Sucralose).

Allergen Advice: For allergens, including cereals containing gluten, see ingredients in **bold**.

 Suitable for Vegetarians.

*CONTAINS NATURALLY OCCURRING SUGARS

OAT CEREAL WITH PROTEIN AND SWEETENER 60g



Remove lid and add 75-150ml of boiling water depending on desired consistency



Stir well and leave to stand for 1-2 minutes



Eat and Enjoy