



The Bread Factory
Unit 12, Garrick Road Industrial Estate, Irving Way, London NW9 6AQ
020 8457 2080

Product Name	BREAKFAST POT Apple & Blackcurrant Ovrngt Oats 48h		
Product Code	F BFP09563 CK		
Product Description	NPD04916 F		
Allergens		Contains	Trace
	(Tree) Nuts	no	no
	Celery	no	no
	Crustaceans	no	no
	Eggs	no	no
	Fish	no	no
	Gluten	yes	yes
	Lupin	no	no
	Milk	no	no
	Molluscs	no	no
	Mustard	no	no
	Peanut	no	no
	Sesame	no	no
	Soya	no	no
	Sulphites	yes	yes
Ingredients	Oat Drink Water, Oats (10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12), Rolled Oats (20%), Diced Apple (20%) Apple (100%), Coconut Milk Yoghurt Alternative Organic Coconut Milk (Organic Coconut, Filtered Water), Organic Tapioca Starch, Live Vegan Cultures, Compote, Blackcurrant, Chia (10%), Diced Apple Apple (100%), Maple Syrup, Apple & Pear Juice (Pear, Apple, Antioxidant: Ascorbic Acid), Ground Cinnamon (Remove ALLERGEN if FP contains LESS THAN 10ppm) (Sulphites); Compote, Blackcurrant, Chia contains: Blackcurrant Purée (70%) (Blackcurrant (90%), Pure Cane Sugar), Agave Syrup, Chia Seeds (9%), Water		
Claims			
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	629.513	1290.5
	Energy (kcal)	149.891	307.277
	Fat (g)	4.67261	9.57885
	Saturates (g)	2.70615	5.54761
	Carbohydrates(g)	20.5469	42.1212
	Total Sugars (g)	7.82023	16.0315
	Protein (g)	3.63232	7.44626
	Salt (g)	0.07018	0.143869
	Fibre (g)	3.12068	6.39739

Storage Conditions	
Additional Information	