



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

Product Name	BREAK POT Blackcurrant Chia Com Overnight Oats 48h		
Product Code	F BFP09766 CK		
Product Description	F NPD06261		
Allergens		Contains	Trace
	(Tree) Nuts	yes	yes
	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 (17%), Coconut Milk Yoghurt Alternative Organic Coconut Milk (Organic Coconut, Filtered Water), Organic Tapioca Starch, Live Vegan Cultures, Bramley Apple (17%) (Sulphites), Blackcurrant Purée (8%) (Blackcurrant (90%), Pure Cane Sugar), Almond Butter (Almonds (100%)) (5%), Agave Syrup, Almond s, Chia Seeds (1%), Water, Ground Cinnamon (Remove ALLERGEN if FP contains LESS THAN 10ppm) (Sulphites)		
Claims			
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	799.008	1478.16
	Energy (kcal)	190.448	352.328
	Fat (g)	9.45082	17.484
	Saturates (g)	3.5468	6.56158
	Carbohydrates(g)	18.6064	34.4219
	Total Sugars (g)	7.47252	13.8242
	Protein (g)	5.08855	9.41382
	Salt (g)	0.07499	0.138731
	Fibre (g)	3.39074	6.27287
Storage Conditions			

Additional Information	
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