Apple &Cinnamon Porridge - NEW

Breakfast Option - A sweet porridge with an apple crumble mix with granola.

Ingredients

Porridge (42%) (Water, **Oats** (5%), Skim **Milk** Powder (**Milk** Solids)), Water, Apple Crumble (20%), (Pouch Apple (16%), (Apple (99%), Antioxidant (300), Mineral Salt (509), Acidity Regulator (330)), Sugar, Sultanas, Lemon Juice (Preservative (222), Antioxidant (300)), Modified Starch (1422)), Granola (4%) (Lupin, Buckwheat, Sunflower Seeds, Millet, Coconut Chips, Organic Coconut Sugar, **Almonds**, Pepitas, Linseeds, Coconut Oil, Cinnamon, Salt), **Milk** Powder, Sugar.
CONTAINS GLUTEN, MILK, ALMOND, LUPIN. MAY CONTAIN WHEAT, EGG, PEANUT, SOY, CASHEW, HAZELNUT, SESAME, MACADAMIA, WALNUT.

Nutritional Details

	Regular Size 250g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	915kj (219Cal)	366kJ (88Cal)
Protein:	6.5g	2.6g
Fat, Total:	6g	2.4g
--Saturated:	2.2g	0.9g
Carbohydrates:	32.2g	12.9g
--Sugars:	23.2g	9.3g
Dietary Fibre:	3.5g	1.4g
Sodium:	40mg	16mg
Potassium:	195mg	78mg

Disclaimer:
Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.