

# OATMEAL



- COOKIES CUSTARD CHOCONUT BANANA SPLIT WHITE CHOCOLATE RASPBERRY CHEESECAKE  
CARAMEL CHOCOLATE CROCANTE BROWNIE PRALINE RICE PUDDING NATURAL



## INGREDIENTS:

### COOKIES:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (89,82%), flavor, sweetener (sucralose). **ALLERGENS:** Contains **gluten**. May contain traces of **milk, egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### CUSTARD - NATILLAS:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (79,68%), pieces of cookies 15% (**wheat** flour, sugar, vegetable fat, coco defatted, sodium bicarbonate, sodium chloride, carrageenan, guar gum), flavor, sweetener (sucralose). **ALLERGENS:** Contains **gluten and milk**. May contain traces of **egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### CHOCONUT:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (91,40%), cocoa defatted powder, flavors, sweetener (sucralose). **ALLERGENS:** Contains **gluten**. May contain traces of **milk, egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### BANANA SPLIT:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (97,55%), flavor, sweetener (sucralose). **ALLERGENS:** Contains **gluten**. May contain traces of **milk, egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### WHITE CHOCOLATE:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (98,55%), flavor, sweetener (sucralose). **ALLERGENS:** Contains **gluten**. May contain traces of **milk, egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### APPLE PIE:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (97,78%), flavors, cinnamon powder, sweetener (sucralose). **ALLERGENS:** Contains **gluten**. May contain traces of **milk, egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### CHOCOLATE WITH ORANGE:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (91,49%), cocoa defatted powder, flavors, orange powder, sweetener (sucralose). **ALLERGENS:** Contains **gluten**. May contain traces of **milk, egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### RICE PUDDING - ARROZ CON LECHE:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (98,84%), flavor, lemon powder, sweetener (sucralose), cinnamon powder, orange powder. **ALLERGENS:** Contains **gluten**. May contain traces of **milk, egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### RASPBERRY CHEESECAKE:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (97,20%), flavors, sweetener (sucralose). **ALLERGENS:** Contains **gluten and milk**. May contain traces of **egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### CARAMEL - DULCE DE LECHE:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (97,20%), flavors, cocoa defatted powder, sweetener (sucralose). **ALLERGENS:** Contains **gluten**. May contain traces of **milk, egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### CHOCOLATE CROCANTE:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (94,60%), flavors, cocoa defatted powder, sweetener (sucralose). **ALLERGENS:** Contains **gluten**. May contain traces of **milk, egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### BROWNIE PRALINE:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (94,60%), flavors, cocoa defatted powder, sweetener (sucralose). **ALLERGENS:** Contains **gluten**. May contain traces of **milk, egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### DOUGHNUT CLASSIC:

Instant whole-grain oatmeal. With sweetener. **INGREDIENTS:** Stabilized whole grain **oatmeal** (97,78%), flavors, inulin, sweetener (sucralose). **ALLERGENS:** Contains **gluten**. May contain traces of **milk, egg, sulphur dioxide, sulphites, fish, molluscs and crustaceans**.

### DIRECTIONS:

Mix 30 g of product with 300 ml of skimmed milk or water and consume it directly in the form of a shake.

\*Nutrition information may vary slightly from one flavor to another

*NUTRITIONAL INFORMATION		per 100g	
Energy value	374,30 kcal/1566,07 kj	Carbohydrates	60,70 g
Fat	7,50 g	-Of which sugars	1,29 g
-Of which saturates	1,95 g	Proteins	16 g
		Fibre	11,60 g
		Salt	11,38 mg

**NATURAL:** 100% Oatmeal stabilized. **ALLERGENS:** Contains **gluten**.

NUTRITIONAL INFORMATION		per 100g		per 100g	
Energy value	1515 kJ / 360 Kcal	Carbohydrates	60,40 g	Fibre	12,3 g
Fat	5,80 g	-Of which sugars	0,70 g	Salt	0,02 g
-Of which saturates	1,10 g	Proteins	10,30 g		