

Nutrition Facts

Serving size 100 mL

Amount Per Serving

Energy kcal 48

Energy kJ 205

Fat 2.1g

(Of which saturates) 0.2g

Carbohydrates 9.5g

(Of which sugars) 4.5g*

Protein 0.2g

Salt 0.1g

All values are average quantities.

*Sugars found naturally in oats.

% Daily Reference Intake for Adults*

Calcium 120mg 15%

Vegan friendly. | No added sugar.