

# Ready Brek

**Pack Size:** 6 X 450G

## Product Description:

Lovingly made from wholegrain rolled oats, every bowl of Ready brek is packed full of goodness. Super smooth and with no added salt or sugar.

**Brand:** Ready Brek



**Ingredient Declaration:** Wholegrain Rolled OATS (60%), Wholegrain OAT Flour (38%), Calcium, Niacin, Iron, Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12.

## Allergens:

NOT APPLICABLE	N/A
CONTAINS	Cereal, Gluten
MAY CONTAIN	Milk

## Additional Allergen Information:

<b>Barley</b>	May Contain	<b>Almond nuts</b>	No
<b>Oats</b>	Yes	<b>Brazil nuts</b>	No
<b>Rye</b>	May Contain	<b>Cashew nuts</b>	No
<b>Wheat (including Spelt and Khorasan)</b>	May Contain	<b>Hazelnuts</b>	No
		<b>Macadamia (Queensland) nuts</b>	No
		<b>Pecan nuts</b>	No
		<b>Pistachio nuts</b>	No
		<b>Walnuts</b>	No

## Diet Suitability:

NOT APPLICABLE	N/A
SUITABLE FOR	Kosher, Vegetarians

## Nutritional Information:

Nutrient	per 100g/ml
<b>Energy (kJ/kcal)</b>	374 kcal / 1575 kJ
<b>Fat</b>	8.7 g
<b>of which Saturates</b>	1.2 g
<b>Carbohydrate</b>	58 g
<b>of which Sugars</b>	1 g
<b>Fibre</b>	7.9 g
<b>Protein</b>	12 g
<b>Salt</b>	0.03 g

## Directions For Use:

Measure 5 heaped dessert spoon (30g) of Ready brek into a microwaveable bowl. Mix it with 150ml of milk and stir. Microwave for 1 1/2 minutes, stirring halfway through.\* stand for 1 minute before serving. \*Based on 750W Category D and 1000W Category E microwaves. or just add hot milk. Simply boil 150ml of milk and add to

your bowl of Ready brek, stir and serve. Please be careful with hot product or liquid.  
Once prepared, do not store or reheat.

**Storage Instructions:** Store in a cool, dry and odour free place.

**Shelf Life Once Open:**

All product information is correct at time of upload. Information may change so please  
check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or  
speak with our QA Department.