

£5



Housemade Overnight-soaked rolled
oats + chia seeds with Optimum Nutrition
Gold Standard Banana Cream Whey **Protein**.

24g of protein added.

Rolled oats (**Oats**), Whole Milk (**Cows' milk**),
Greek yoghurt (pasteurised **Cows' milk**, Cream
(**Cows' milk**), yoghurt culture), Optimum Nutrition
Banana Cream Whey Protein powder (**Whey** Protein
Blend (98% [**Cow's Milk**] (Whey Protein Isolate,
Whey Protein Concentrate, Hydrolysed **Whey** Protein
Isolate, Emulsifier: **Soy Lecithin**), Flavourings [**Cow's Milk**],
Colour (Curcumin), Thickener (Xanthan Gum),
Sweeteners (Sucralose, Acesulfame K),
Chia seeds.

BBE:

CONSUME ON OR BEFORE THE DATE SHOWN. MADE IN A KITCHEN THAT HANDLES ALL MAJOR ALLERGENS. NET WEIGHT WITHOUT TOPPINGS 225G. PREPARED AT: LOCAL HQ, UNIT B3 BENFIELD BUSINESS PARK, BENFIELD RD., NEEHAN