

CHOCOLATE PROTEIN OATS.

House made Overnight-soaked rolled oats+ chia seeds with **OPTIMUM NUTRITION GOLD STANDARD RICH CHOCOLATE WHEY PROTEIN** (24g of protein added).

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Ingredients **(and allergens)**:

Rolled oats (**Oats**), Whole Milk (**Cows' milk**), Greek yoghurt (pasteurised **Cows' milk**, Cream (**Cows' milk**), yoghurt culture), Optimum Nutrition Rich Chocolate Whey Protein powder (Whey Protein Blend (93%) [**Cows' Milk**](**Whey** Protein Isolate, **Whey** Protein Concentrate, Hydrolysed **Whey** Protein Isolate, Emulsifier: **Soy Lecithin**), Fat-Reduced Cocoa Powder, Flavourings, Thickener (Xanthan Gum), Sweeteners (Sucralose, Acesulfame K)), Chia seeds.

Best Before:

Made in a kitchen that handles all major allergens. Consume on or before the best before date stated.
Net weight with no toppings is 225g.

