

£5



Housemade Overnight-soaked rolled
oats + chia seeds with Optimum Nutrition
Gold Standard Rich Chocolate 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 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.

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., NEEHAW
NEGAND