Ingredients

Buckwheat groats 43%, date paste 40%, rice syrup, flakes 12% (corn flakes, gluten-free oat flakes), quince powder 3%, dried broccoli 2%, natural strawberry flavouring (<2%).

Allergens

Contains: cereals containing gluten (oats; gluten-free oats).

Nutritional information	Per 100 g
Energy	1587 kJ / 379 kcal
Fat	2,2 g
of which saturates	0,5 g
Carbohydrate	78 g
of which sugars	29 g
Fibre	4,8 g
Protein	9,1 g
Salt	0,01 g