Hearth & Honey

Baked in Bristol, UK

Apple and Cinnamon Porridge

Just add hot water or milk

NET WEIGHT
320 g

ORGANIC

INGREDIENTS

Rolled oats (72%), dried apple (14%), cinnamon, ground flaxseed, sea salt.

Allergens: contains oats (gluten)

Typical values	Per 100 g
Energy	1,520 kJ / 360 kcal
Fat	6.5 g
of which saturates	1.1 g
Carbohydrate	62 g
of which sugars	11 g
Fibre	9 g
Protein	10 g
Salt	0.1 g

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Batch L2611-B
Best before 28 Feb 2027

Store in a cool, dry place.

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