



BREAKFAST

	Ingredients	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Added sugar (g)	Total fat (g)	Saturated fat (g)	Fibre (g)	Sodium (mg)
Breakfast Granola and Yoghurt cups (gluten-free)	Gluten free oats, low fat yoghurt (milk), banana, date syrup, fruit (strawberry/ raspberries/ granadilla), vanilla essence, cinnamon, salt, mint	491	117.46	3.3	19.9	0	2.5	0.62	2.7	114
Phyllo breakfast cups	Eggs (egg), phyllo pastry (wheat, gluten), low fat milk (milk), spinach, mushrooms, cheese (milk), salt	850	202	12.6	16.4	3.9	9.6	3.9	1.3	461