

Sucrose
Maltose
Lactose

0.11g Manganese 31% RI
0g Selenium 2% RI
0g Iodine 0% RI

0.63mg
0.97ug
0.46ug


Other

GI (estimated) 35.8
GL 4.6
Caffeine -

Recipe Ingredients ...	Quantity:	Description:
Avonmore Protein Milk Chocolate 500ml	250ml	0.5x Per pack
Oat flakes, rolled	40g	1x Serving, 1/2 cup
Chia seeds	3.3g	1x teaspoon
Flax Seed (milled or whole)	4g	1x teaspoon (whole)
Hazelnuts, kernel only	5g	0.5x 10 hazelnuts
Mixed berries, frozen	30g	1x tablespoon

Portions / Pack Sizes ...

1 Serving



332g / 372kcal

Ingredient List (QUID) ...

Avonmore Protein Milk Chocolate 500ml (75.2%) [Low Fat Milk, Milk Protein, Milk Chocolate Powder (1%) (Soya Lecithin), Fat Reduced Cocoa Powder (Soya Lecithin), Natural Chocolate Flavour, Magnesium Phosphate, Stabiliser: Carrageenan, Sweetener: Sucralose, Vitamin D3, Zinc Sulphate], Oats (12%) (Gluten), Mixed berries (9%), Hazelnuts (1.5%) (Tree nuts), Flaxseed (1.2%), Chia seeds (0.99%)