

Morning Foods Whole Jumbo Oats - Information

Oatflakes

Our Product Code: 031625
Suppliers Product Code: PR008199
Information Last Updated: 10/03/2023
Date Produced: 27/11/2025



Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	367.00
Energy (kJ)	1543.00
Protein (g)	12.10
Carb (g)	56.10
Of Which Sugars (g)	1.00
Fat (g)	8.40
Of Which Saturates (g)	1.30
Fibre (g)	9.10
Salt (g)	<0.01

Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

Mornflake Jumbo OATS (100%)

Handling Information

Directions for Use

How to Cook On the Hob 1. In a saucepan mix 40g of Mornflake Jumbo Oats with 285mls (1/2 pint) of cold water. If you like your porridge creamier make with milk or a combination of milk and water. 2. Bring to the boil and then keep stirring for 6-7 minutes. 3. Remove from the heat and stand for 1 minute before tucking in!

Storage Instructions

Once opened store in a cool, dry place away from strong odours. To maintain optimum quality after opening store in an airtight container and use within two months, and by the best before date.

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