



SKI DOUBLE UP Apple Crumble 165g

LOW FAT⁺ VANILLA FLAVOURED YOGHURT WITH APPLE CRUMBLE MIX

INGREDIENTS: Low Fat Vanilla Flavoured Yoghurt (89%) (Skim **Milk**, Sugar, **Milk Solids**, Water, Cream (From **Milk**), Thickener (1442) (From Maize), Vegetable Gums (406, 440), Flavours, Acidity Regulators (332, 270, 330), Live Cultures (*S. thermophilus*, *B. lactis*, *L. acidophilus*)), Apple Crumble Mix (11%) (Rolled **Oats**, Dried Apple (2%) (Contains **Sulphites**), Honey, Puffed Rice, **Oat** Flour, Coconut, Canola Oil, **Oat** Bran, Salt, Antioxidant (306), Sugar).

Contains: Milk and Milk Products, Cereals Containing Gluten, Sulphites.

May Contain: Tree Nuts, Sesame Seeds & Soy.

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NUTRITION INFORMATION			
SERVINGS PER PACKAGE: 1			
SERVING SIZE: 165 g			
	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE [†] PER SERVING	AVERAGE QUANTITY PER 100 g
ENERGY	908 kJ (217 Cal)	10%	550 kJ (131 Cal)
PROTEIN	8.7 g	18%	5.3 g
FAT, TOTAL	3.3 g	5%	2.0 g
- SATURATED	1.3 g	5%	0.8 g
CARBOHYDRATE	36.5 g	12%	22.1 g
- SUGARS	25.4 g	28%	15.4 g
SODIUM	114 mg	5%	69 mg
CALCIUM	256 mg (32% RDI*)		155 mg
PROBIOTICS [^]	1,000,000,000 cfu [#]		541,000,000 cfu [#]

*RECOMMENDED DIETARY INTAKE. [^]B. LACTIS, L. ACIDOPHILUS. [#]COLONY FORMING UNITS.

[†]PERCENTAGE DAILY INTAKES ARE BASED ON AN AVERAGE ADULT DIET OF 8700 kJ. YOUR DAILY INTAKES MAY BE HIGHER OR LOWER DEPENDING ON YOUR ENERGY NEEDS.

⁺LOW FAT CONTAINS 2.0g FAT, TOTAL PER 100g.

