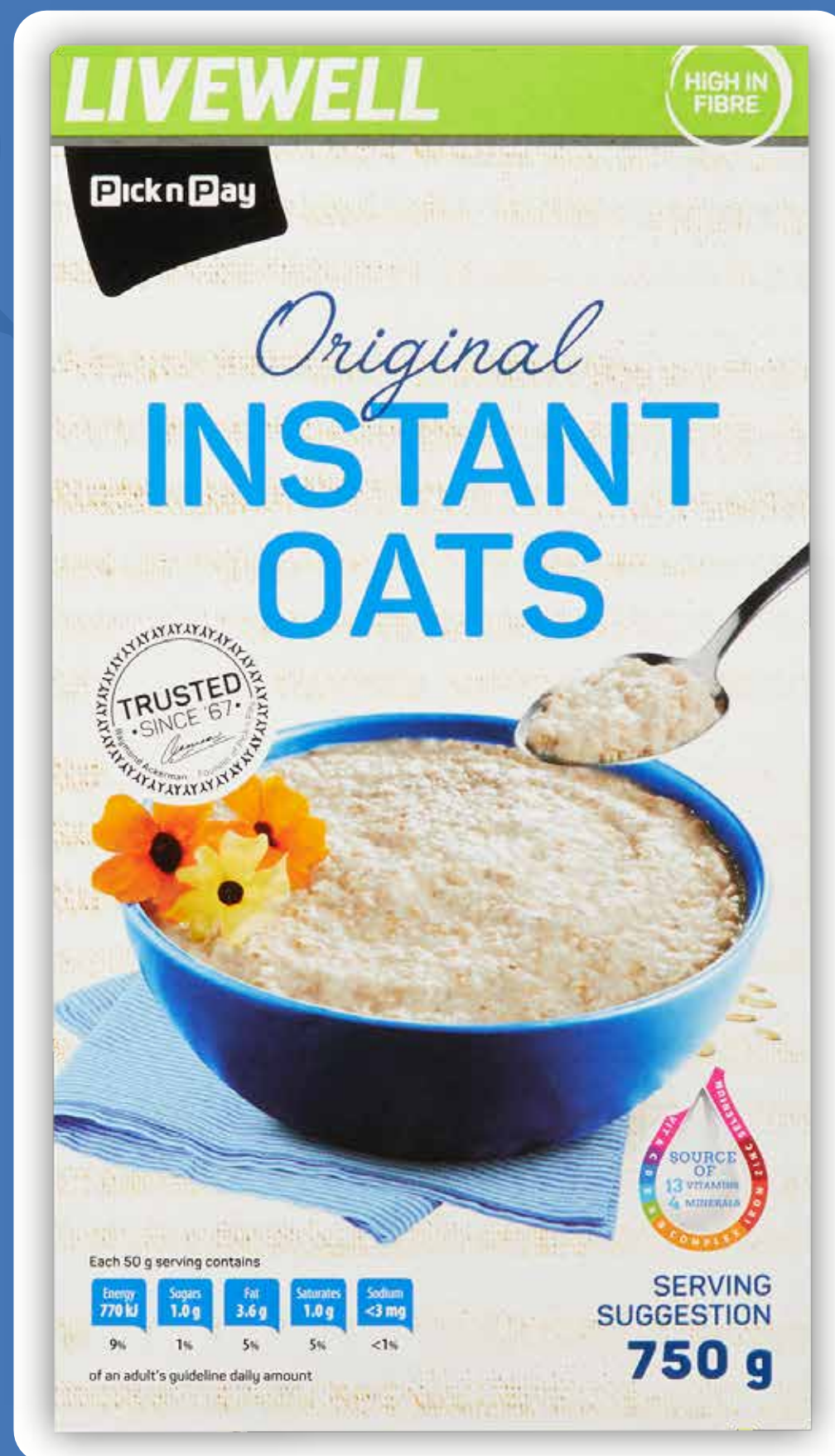


1 cup cooked =

15%

of daily requirements for
**14 VITAMINS AND
3 MINERALS.**



Cost of

1 CUP

cooked PnP Instant Oats
(50G RAW) = ±R 2,25



Mixed with

½ CUP

of long life or reconstituted
powdered milk = **48% OF
DAILY PROTEIN REQUIREMENT.**



No sugar added
High in fibre
Source of 14 vitamins
and 3 mineral

