Ingredients: cocoa solids (cocoa butter, cocoa mass), sugar, full cream MILK powder, caramelised sugar (sugar, glucose syrup), skimmed MILK powder, sea salt, emulsifiers (sunflower lecithin, SOYA lecithin), flavouring, natural colour (paprika).

Milk chocolate contains minimum 50% cocoa solids, minimum 20% milk solids.

Caramel chocolate contains minimum 36% cocoa solids, minimum 26% milk solids.

For allergens, including cereals containing gluten, see ingredients in BOLD. May contain traces of tree nuts, peanuts, gluten, wheat, egg, sesame.

Nutritional Information Per 1 Portion (220ml of skimmed milk + 35g of flakes): Energy 1088kJ (260 kcal), Fat 11.8 g (of which is saturates 7.3 g), Carbohydrates 27.8 g (of which sugars 26.5 g), Fibre 1.3 g, Protein 10.5 g, salt 0.50 g. Pack contains approx. 7 servings.