



Mixed Flakes with Fruit

EN Ingredients: Flakes 47 % (barley, rye, oats, wheat), skimmed milk powder, fruit 13 % (raisins, peach, pineapple, apple), palm fat, sugar, oatmeal, potato starch, salt, preservative: sulphur dioxide.

Category: Dry meal

Preparation:

- 1 Tear off the top and fold out the bottom
 - 2 Add 250 ml of cold water (level H)
 - 3 Stir
 - 4 Re-seal, wait 10 mins
- Add more water if required.
Can be prepared using hot water, extend the time to > 15 mins

Content: 152 g

Shelf life: 36 months at an ambient temperature in a temperate climate or according to NATO Standard AMedP-1.11; Chapter 3 – Shelf Life.

Storage: Dry at room temperature.

Nutritional values:

Nutritional declaration	Per 100g (dry product)	Per Pouch (prepared)
Energy (kJ)	1657 kJ	2518 kJ
Energy (kcal)	396 kcal	602 kcal
Fat	11 g	17 g
of which saturated fat	5,3 g	8 g
Carbohydrate	57 g	87 g
of which sugars	27 g	41 g
Fiber	5,5 g	8,4 g
Protein	13 g	21 g
Salt	0,3 g	0,5 g



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