



## Tropical breakfast with cereal flakes

**EN Ingredients:** Flakes 44 % (**oats, wheat, rye**), sugar, fruit 9,8 % (mango, pineapple, passion fruit), palm fat, glucose syrup, modified potato starch, maltodextrin.

**Category:** Dry meal

### Preparation:

- 1 Tear off the top and fold out the bottom
- 2 Add 300 ml of boiling water (level G)
- 3 Stir
- 4 Re-seal, wait 5 mins

Add more water if required.

Can be prepared using cold water, extend the time to > 15 mins

**Content:** 142 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)	1776 kJ	2522 kJ
Energy (kcal)	424 kcal	602 kcal
Fat	14 g	20 g
of which saturated fat	6,4 g	9 g
Carbohydrate	67 g	95 g
of which sugars	32 g	45 g
Fiber	5,4 g	7,7 g
Protein	5,1 g	7,3 g
Salt	<0,01 g	0,01 g



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