



## Yoghurt with Breakfast Flakes

**EN Ingredients:** Yoghurt powder 40 %, flakes 23 % (**barley, rye, oats, wheat**), sugar, **cream** powder, modified potato starch, palm fat, pineapple, flavouring.

**Category:** Dry meal

### Preparation:

- 1 Tear off the top and fold out the bottom
  - 2 Add 300 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.

**Content:** 145 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)	1730 kJ	2509 kJ
Energy (kcal)	413 kcal	600 kcal
Fat	12 g	17 g
of which saturated fat	6,6 g	9,6 g
Carbohydrate	59 g	85 g
of which sugars	37 g	54 g
Fiber	2,5 g	3,6 g
Protein	17 g	25 g
Salt	0,5 g	0,7 g



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