



Crunchy granola with apple and cinnamon

SE/DK/NO Ingredienser: Granola av **havre** (gluten fri) 51 %, **skummjölkspulver/skummetmælkspulver** maltodextrin, äpple/æble/eple 10 %, palmfett, kanel 0,4 %.

EN Ingredients: **Oat** granola (gluten free) 51 %, skimmed **milk** powder, maltodextrin, apple 10 %, palm fat, cinnamon 0,4 %.

FR Ingrédients: Muesli **davoine** (sans gluten) 51 %, **lait** écrémé en poudre, maltodextrine, pomme 10 %, graisse de palme, cannelle 0,4 %.

Claims: Gluten free, Lactose free and Vegetarian

Category: Dry meal

Preparation:

- 1 Tear off the top and fold out the bottom
 - 2 Add 150 ml of cold (level E)
 - 3 Stir
 - 4 Re-seal, wait 5 mins
- Add more water if required.

Content: 150 g

Shelf life: 48 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)	1785 kJ	2677 kJ
Energy (kcal)	425 kcal	638 kcal
Fat	16 g	24 g
of which saturated fat	4,9 g	7,4 g
Carbohydrate	57 g	86 g
of which sugars	18 g	26 g
Fiber	3,6 g	5,4 g
Protein	11 g	16 g
Salt	0,24 g	0,36 g



Marketed by Continental Foods Sweden AB, www.outdoormeal.com
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