

**BUY THE GRAM
NUTRITIONAL INFORMATION PANELS - MUESLI**

FRUIT MEDLEY

Nutritional Information				
Serving size	100 g			
Servings per package	5			
	Average		Average	
	Quantity per		Quantity per	
	Serving		100 g	
Energy	1690	kJ	1690	kJ
Protein	8.8	g	8.8	g
Fat Total	20.2	g	20.2	g
- saturated	12.2	g	12.2	g
Carbohydrate	41.6	g	41.6	g
- sugars	24.8	g	24.8	g
Sodium	14	mg	14	mg

INGREDIENTS

Rolled Oats, Wheat Germ, Bran Flakes, Coconut, Sunflower Seeds, Pumpkin Seeds, **Sesame Seeds,** Chia Seeds, Honey, Coconut Oil, Dried Apricots, Dried Cranberries, Dried Goji Berries, Sultanas.

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NUT MEDLEY

Nutritional Information				
Serving size	100 g			
Servings per package	5			
	Average		Average	
	Quantity per		Quantity per	
	Serving		100 g	
Energy	1520	kJ	1520	kJ
Protein	8.4	g	8.4	g
Fat Total	21.6	g	21.6	g
- saturated	10.5	g	10.5	g
Carbohydrate	29.5	g	29.5	g
- sugars	17.2	g	17.2	g
Sodium	9	mg	9.83	mg

INGREDIENTS

Rolled Oats, Bran Flakes, Coconut, Sunflower Seeds, Pumpkin Seeds, Sesame Seeds, Chia Seeds, Honey, Coconut Oil, Almonds, Cashews, Hazelnuts, Walnuts, Peanuts.

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NATURAL

Nutritional Information				
Serving size	100 g			
Servings per package	10			
	Average		Average	
	Quantity per		Quantity per	
	Serving		100 g	
Energy	1947	kJ	1947	kJ
Protein	7.39	g	7.39	g
Fat Total	27.27	g	27.27	g
- saturated	18.45	g	18.45	g
Carbohydrate	43.22	g	43.22	g
- sugars	27.05	g	27.05	g
Sodium	10.61	mg	10.61	mg

INGREDIENTS

Rolled Oats, Bran Flakes, Coconut, Sunflower Seeds, Pumpkin Seeds, **Sesame Seeds,** Chia Seeds, Honey, Coconut Oil.

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