

Pure Foods Instructions

Storage

Refrigerate between 0-4°C. Use within 4 weeks (the products have a 30 day long refrigerated shelf life). Once opened, use within 3 days. Do not use if seal is damaged or broken.

Heating



Tear lid off and heat pottle in microwave for 30sec, stir, then heat for a further 20sec or until nice and hot. The desserts are great served hot or cold.



Empty pack into a pot. Heat on high until nice & hot, stirring regularly.



No cooking, no blending. Simply heat & eat.

Serving

Pure Food can be served on a plate, in a bowl or eaten from the pottle.

Serve 100g of protein + 100g of vegetable + 100g of carbohydrate to create a full, balanced meal. Our delicious desserts are a great way to finish off a meal, or have as a sweet snack!

Texture

Our food is smooth, soft, moist and lump free.