



Item no.	Product name	Ingredients	Average nutritional values per 100g (per serving <sup>2</sup> )									
			Energy (kJ/kcal)	Fat	Saturated fat	Carbohydrates	Sugars*	Fibre	Protein	Salt	Sodium	Thiamine (Vitamin B1)
10402	<b>Bert Apple Mango Muesli</b>	<b>Whole wheat flakes<sup>1</sup>, whole oat flakes<sup>1</sup></b> , sultanas bits <sup>1</sup> 6%, <b>spelt instant flakes<sup>1</sup> [whole spelt flour<sup>1</sup>, rice flour<sup>1</sup>, thiamine (vitamin B1)]</b> , apple flour <sup>1</sup> 4%, mango flakes <sup>1</sup> 4%, <b>spelt flakes<sup>1</sup></b>	1438/341 (752/179)	2.9g (4.3g)	0.6g (2.2g)	62g (26.1g)	12.3g (8.7g)	12.0g (4.2g)	10.6g (6.8g)	0.01g (0.12g)	<0.01g (0.05g)	1.0mg (0.38mg)
10403	<b>Elmo Crunchy Muesli Banana &amp; Raspberry</b>	<b>Oat flakes<sup>1</sup></b> 70.5%, crispy puffs (rice flour <sup>1</sup> , corn semolina <sup>1</sup> , banana powder <sup>1</sup> , apple juice concentrate <sup>1</sup> , strawberry powder <sup>1</sup> , red beetroot concentrate <sup>1</sup> ), banana powder <sup>1</sup> 6%, <b>puffed spelt<sup>1</sup></b> , dried raspberry pieces <sup>1</sup> 0.5%, strawberry powder <sup>1</sup> , thiamine (vitamin b1)	1494/357 (772/185)	4.4g (4.8g)	0.8g (2.3g)	65g (27g)	6.2g (6.6g)	8.5g (3.0g)	10.5g (6.8g)	0.04g (0.13g)	0.02g (0.06g)	0.61mg (0.24mg)

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<sup>1</sup> from organic sources

<sup>2</sup> 1 serving = 35g muesli + 90ml whole milk

\* contains sugar by nature

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