

Bircher Porridge

Art.No. 40194



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1559 kJ
Energy in Kilocalories	370 kcal
Fat	8,0 g
of which saturated	1,1 g
Carbohydrates	61 g
of which sugars	19 g
Fibre	7,8 g
Protein	9,6 g
Salt	0,02 g

Available as: retail pack (350g)
XXL (1500g) | single portion (45g)

INGREDIENTS **vegan | no sugar added | gluten free**

Gluten free coarsely ground wholegrain oats* 59,5%, chopped figs* 8% (figs* 95%, rice flour*), apple cubes* 8%, date granule* 8% (date juice concentrate* 60%, rice flour*), sultanas* 6% (sultanas* 99,5%, sunflower oil*), chopped almonds* 5,5%, apple flakes* 5% (apple purée*, rice flour*, apple juice concentrate*).

Overnight Oats Raspberry-Strawberry

Art.No. 40338



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1576 kJ
Energy in Kilocalories	374 kcal
Fat	7,6 g
of which saturated	1,2 g
Carbohydrates	58 g
of which sugars	4,2 g
Fibre	11 g
Protein	13 g
Salt	0,01 g

Available as: retail pack (350g)
single portion (45g)

INGREDIENTS **vegan | no sugar added | gluten free | source of protein**

Gluten free coarsely ground wholegrain oats* 60%, gluten free wholegrain oat flakes* 30%, strawberry pieces* freeze-dried 2%, sunflower seeds*, date powder*, raspberry pieces* freeze-dried 1,5%, linseed brown*, strawberry powder* freeze-dried 0,5%, beetroot powder*.

Strawberry-Chia Porridge

Art.No. 40165



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1563 kJ
Energy in Kilocalories	372 kcal
Fat	10 g
of which saturated	1,5 g
Carbohydrates	53 g
of which sugars	11 g
Fibre	11 g
Protein	12 g
Salt	0,02 g

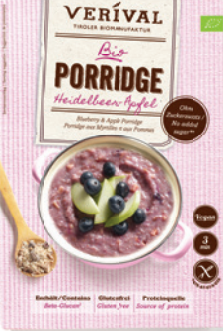
Available as: retail pack (350g)
XXL (1500g) | single portion (45g)

INGREDIENTS **vegan | no sugar added | gluten free | source of protein**

Gluten free coarsely ground wholegrain oats* 74%, chopped dates* (dates* 75%, rice flour*), apple cubes*, chopped almonds*, strawberries* 3%, chia seeds* "salvia hispanica" 3%, linseed brown*.

Blueberry-Apple Porridge

Art.No. 40195



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1552 kJ
Energy in Kilocalories	369 kcal
Fat	7,3 g
of which saturated	1,0 g
Carbohydrates	60 g
of which sugars	13 g
Fibre	9,4 g
Protein	11 g
Salt	0,01 g

Available as: retail pack (350g)
XXL (1500g) | single portion (45g)

INGREDIENTS **vegan | no sugar added | gluten free | source of protein**

Gluten free coarsely ground wholegrain oats* 76,5%, apple cubes* 8%, sultanas* (sultanas* 99,5%, sunflower oil*), chopped almonds*, apple flakes* 3% (apple purée 40%*, rice flour*, apple juice concentrate* 20%), blueberry powder* 3%.





Matcha Porridge Date-Banana

Art.No. 40337



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1521 kJ
Energy in Kilocalories	361 kcal
Fat	5,4 g
of which saturated	1,0 g
Carbohydrates	61 g
of which sugars	7,3 g
Fibre	10 g
Protein	12 g
Salt	0,01 g

Available as: retail pack (350g)

INGREDIENTS **vegan | no sugar added | source of protein**

Coarsely ground wholegrain oats* 61,7%, wholegrain spelt semolina* (wheat), cornmeal*, banana* pieces freeze-dried 4%, chopped dates* 4% (dates* 97%, rice flour*), chia seeds* „salvia hispanica“, date powder* 1,8%, greentea powder (matcha)* 1,5%.

Coconut-Orange Rice Porridge

Art.No. 40247



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1527 kJ
Energy in Kilocalories	361 kcal
Fat	5,8 g
of which saturated	4,2 g
Carbohydrates	68 g
of which sugars	10 g
Fibre	4,2 g
Protein	7,2 g
Salt	0,10 g

Available as: retail pack (350g)

INGREDIENTS **vegan | no sugar added | gluten free**

Rice flakes* 76,7%, orange powder preparation* 6% (orange juice concentrate* 70%, rice flour*), chopped dates* 6% (dates* 97%, rice flour*), coconut rasps* 6%, chopped apricots* 5% (apricots* 97%, rice flour*), turmeric*, cardamom*, nutmeg*, salt.

Sour Cherry-Cocoa Oat Porridge

Art.No. 40246



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1551 kJ
Energy in Kilocalories	369 kcal
Fat	9,7 g
of which saturated	1,8 g
Carbohydrates	48 g
of which sugars	5,6 g
Fibre	13 g
Protein	16 g
Salt	0,05 g

Available as: retail pack (350g)

INGREDIENTS **vegan | no sugar added | source of protein**

Oat bran* 77%, cocoa powder* 5%, freeze-dried sour cherries* 4%, sliced figs* 4% (figs* 95%, rice flour*), sunflower seeds* 4%, chopped almonds* 3%, carob powder*, cinnamon*, lemon powder*, salt.

Apricot-Strawberry Spelt Porridge

Art.No. 40248



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1410 kJ
Energy in Kilocalories	334 kcal
Fat	3,1 g
of which saturated	0,4 g
Carbohydrates	59 g
of which sugars	14 g
Fibre	11 g
Protein	12 g
Salt	0,13 g

Available as: retail pack (350g)

INGREDIENTS **vegan | no sugar added | source of protein**

Wholegrain spelt semolina (wheat)* 40,3%, coarsely ground whole-grain spelt flakes (wheat)* 29,5%, chopped apricots* 10% (apricots* 97%, rice flour*), sultanas* (sultanas* 99.5%, sunflower oil*), apricot powder* 4% (apricot purée* 70%, corn starch*), puffed amaranth*, chopped almonds* 2%, freeze-dried strawberry pieces*2%, strawberry powder* 1,5%, cocoa powder*, beetroot powder*, cinnamon*, halit salt.



Blackberry Porridge

Art.No. 40047



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1541 kJ
Energy in Kilocalories	366 kcal
Fat	6,1 g
of which saturated	1,2 g
Carbohydrates	62 g
of which sugars	13 g
Fibre	9,3 g
Protein	11 g
Salt	0,01 g

Available as: retail pack (450g)
XXL (1900g)

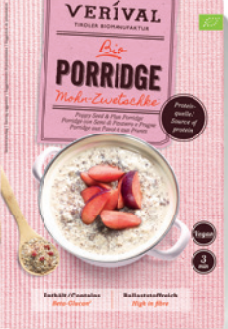
INGREDIENTS

vegan | source of protein

Oat bran* 82%, forest fruitsgranulate* 7% (raw cane sugar*, fruit* 35% (blackcurrant purée*, blackberry purée* 10,5%, raspberry purée*), glucose syrup*, rice flour*, gelling agent: pectin, lemon juice concentrate*, cocoa butter*, acidity regulator: potassium tartrate, natural strawberry flavor), whole cane sugar*, sultanas* (sultanas* 99,5%, sunflower oil*), freeze-dried blackberries* 2%, blackberry powder* 1%.

Poppy Seed-Plum Porridge

Art.No. 40048



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1547 kJ
Energy in Kilocalories	368 kcal
Fat	8,5 g
of which saturated	1,0 g
Carbohydrates	57 g
of which sugars	14 g
Fibre	9,6 g
Protein	11 g
Salt	0 g

Available as: retail pack (450g)

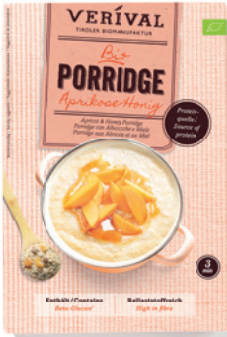
INGREDIENTS

vegan | source of protein

Oat bran* 70,7%, sultanas* (sultanas* 99,5%, sunflower oil*), plum granulate* 7,8% (fructose syrup*, raw cane sugar*, plums * 12,5%, dried plums* 12%, rice flour*, apple purée concentrate*, cocoa butter*, lemon juice concentrate*, gelling agent: pectin*), poppy seeds* 7,8%, plum pieces* 4,5% (plums* 97%, rice flour*), vanilla sugar* (sugar*, vanilla powder).

Apricot-Honey Porridge

Art.No. 40049



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1502 kJ
Energy in Kilocalories	356 kcal
Fat	5,7 g
of which saturated	1,2 g
Carbohydrates	60 g
of which sugars	13 g
Fibre	8,4 g
Protein	12 g
Salt	0,02 g

Available as: retail pack (450g)
single portion (55g)

INGREDIENTS

source of protein

Oat bran* 76,4%, chopped apricots* 9% (apricots* 97%, rice flour*), apricot granulate* 7,8% (fruit* (apricot purée* 26,5%, apple purée concentrate*), raw cane sugar*, fructose syrup*, rice flour*, lemon juice concentrate*, cocoa butter*, gelling agent: pectin*, natural flavouring: apricot), honey granulate* 6,8% (raw cane sugar*, glucose syrup*, apple purée concentrate*, rice flour*, honey* 5%, oat fibre*, cocoa butter*, gelling agent: pectin).

Classic Porridge

Art.No. 40270



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1574 kJ
Energy in Kilocalories	374 kcal
Fat	8,7 g
of which saturated	1,3 g
Carbohydrates	53 g
of which sugars	0,9 g
Fibre	12 g
Protein	15 g
Salt	0,08 g

Available as: XXL (1500g)

INGREDIENTS

vegan | no sugar added | gluten free

Gluten free coarsely ground wholegrain oats* 84%, sunflower protein powder* 5%, sunflower seeds*, psyllium husks* 3%, puffed amaranth* 2,5%, salt.

Mango-Physalis Porridge

Art.No. 40046



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1494 kJ
Energy in Kilocalories	354 kcal
Fat	5,7 g
of which saturated	1,1 g
Carbohydrates	62 g
of which sugars	16 g
Fibre	7,8 g
Protein	9,8 g
Salt	0,02 g

Available as: retail pack (450g)

INGREDIENTS

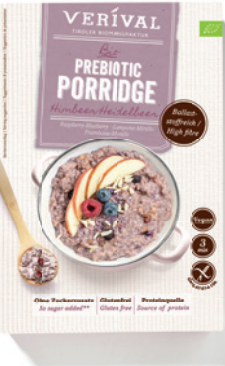
vegan | source of protein

Oat bran* 78%, mango granulate* 7% (fruit* (mango purée* 30,5%, apple purée concentrate*), fructose syrup*, raw cane sugar*, rice flour*, cocoa butter*, gelling agent: pectin; oat fibre*; lemon juice concentrate*), sultanas* (sultanas* 99,5%, sunflower oil*), dried mango* 4% (mango* 90%, rice flour*), dried physalis* 4% (physalis* 97%, rice flour*), date granulate* (date juice concentrate*, rice flour*).



Prebiotic Porridge Raspberry-Blueberry

Art.No. 40339



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1582 kJ
Energy in Kilocalories	376 kcal
Fat	7,6 g
of which saturated	1,2 g
Carbohydrates	57 g
of which sugars	9,4 g
Fibre	16 g
Protein	12 g
Salt	0,04 g

Available as: retail pack (350g)
single portion (45g)

INGREDIENTS **vegan | no sugar added | gluten free | source of protein**

Coarsely ground wholegrain oats* gluten free 75,7%, apple cubes*5%, chopped figs (figs* 95%, rice flour*), inulin powder* (chicory), raspberry pieces* freeze-dried 2%, chia seeds* „salvia hispanica“, linseed* brown, chopped almonds*, psyllium husks*, topinambur granules*, blueberries* freeze-dried 1%, red currants* freeze-dried, beetroot powder*.

Prebiotic Overnight Oats Apple-Chia

Art.No. 40365



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1547 kJ
Energy in Kilocalories	368 kcal
Fat	8,5 g
of which saturated	1,0 g
Carbohydrates	57 g
of which sugars	14 g
Fibre	9,6 g
Protein	11 g
Salt	0 g

Available as: retail pack (450g)

INGREDIENTS **vegan | no sugar added | gluten free | source of protein**

Oat bran* 70,7%, sultanas* (sultanas* 99,5%, sunflower oil*), plum granulate* 7,8% (fructose syrup*, raw cane sugar*, plums * 12,5%, dried plums* 12%, rice flour*, apple purée concentrate*, cocoa butter*, lemon juice concentrate*, gelling agent: pectin*), poppy seeds* 7,8%, plum pieces* 4,5% (plums* 97%, rice flour*), vanilla sugar* (sugar*, vanilla powder).

Art.No.



COMING SOON!

NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	
Energy in Kilocalories	
Fat	
of which saturated	
Carbohydrates	
of which sugars	
Fibre	
Protein	
Salt	

Available as:

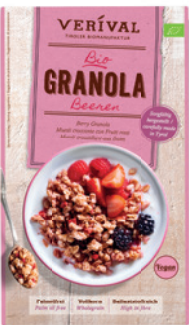
INGREDIENTS





Berry Granola

Art.No. 40027



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1838 kJ
Energy in Kilocalories	438 kcal
Fat	17 g
of which saturated	4,3 g
Carbohydrates	58 g
of which sugars	17 g
Fibre	7,7 g
Protein	9,5 g
Salt	0,19 g

Available as: retail pack (375g)
XXL (1400g) | single portion (55g)

INGREDIENTS

vegan

Crunchy* 97,5% (whole grain oat flakes*, cane sugar*, high-oleic sunflower oil*, coconut shreds*, wholegrain crisped rice*, salt), berries* freeze-dried 1,5%(strawberries*, raspberries*, blackberries*), black-berry powder* 1%.

Spelt Granola

Art.No. 40014



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1791 kJ
Energy in Kilocalories	427 kcal
Fat	15 g
of which saturated	4,5 g
Carbohydrates	60 g
of which sugars	17 g
Fibre	6,4 g
Protein	9,7 g
Salt	0,16 g

Available as: retail pack (375g)
XXL (1400g) | single portion (55g)

INGREDIENTS

vegan

Wholegrain spelt flakes* (wheat) 58%, cane sugar*, high-oleic sunflower oil*, coconut shreds*, wholegrain spelt flour* (wheat) 6%, whole-grain crisped rice*, salt.

Apple-Cinnamon Granola

Art.No. 40311



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1814 kJ
Energy in Kilocalories	432 kcal
Fat	16 g
of which saturated	4,6 g
Carbohydrates	59 g
of which sugars	19 g
Fibre	8,0 g
Protein	9,1 g
Salt	0,11 g

Available as: retail pack (325g)
XXL (1500g) | single portion (50g)

INGREDIENTS

vegan | gluten free

Crunchy* 93% (gluten free wholegrain oat flakes*, cane sugar*, high-oleic sunflower oil*, coconut shreds*, wholegrain crisped rice*, salt), apple cubes* 6%, ceylon cinnamon* 1%.

Honey Granola

Art.No. 40015



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1839 kJ
Energy in Kilocalories	438 kcal
Fat	16 g
of which saturated	2,0 g
Carbohydrates	62 g
of which sugars	22 g
Fibre	6,1 g
Protein	8,5 g
Salt	0,18 g

Available as: retail pack (375g)
XXL (1500g)

INGREDIENTS

Wholegrain oat flakes*, cane sugar*, high-oleic sunflower oil*, honey* 8,9%, wholegrain crisped rice*, sesame seeds*, salt.

Oat Granola

Art.No. 40013



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1836 kJ
Energy in Kilocalories	438 kcal
Fat	17 g
of which saturated	4,4 g
Carbohydrates	58 g
of which sugars	17 g
Fibre	7,4 g
Protein	9,5 g
Salt	0,19 g

Available as: retail pack (375g)

INGREDIENTS

vegan

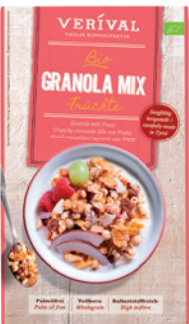
Wholemeal oat flakes* 66%, cane sugar*, high-oleic sunflower oil*, coconut shreds*, whole grain crisped rice*, salt.





Granola Mix Fruits

Art.No. 40068



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1903 kJ
Energy in Kilocalories	454 kcal
Fat	18 g
of which saturated	6,3 g
Carbohydrates	58 g
of which sugars	12 g
Fibre	8,0 g
Protein	11 g
Salt	0,21 g

Available as: retail pack (300g)
XXL (1100g) | single portion (45g)

INGREDIENTS

Oat Crunchy* 52% (wholegrain oat flakes*, cane sugar*, high-oleic sunflower oil*, coconut shreds*, wholegrain crisped rice*, salt), corn-flakes* (corn* 99%, salt), sultanas* 9% (sultanas* 99,5%, sunflower oil*), puffed wheat with honey* (wheat*, honey* 30%), coconut chips* 6%, sunflower seeds*, roasted hazelnuts*, sour cherries* freeze-dried 1,5%, berries* freeze-dried 1% (strawberries*, raspberries*).

Blueberry-Apple Granola

Art.No. 40029



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1633 kJ
Energy in Kilocalories	388 kcal
Fat	9,3 g
of which saturated	0,9 g
Carbohydrates	67 g
of which sugars	21 g
Fibre	6,8 g
Protein	5,6 g
Salt	0,19 g

Available as: retail pack (325g)
single portion (50g)

INGREDIENTS

vegan

Crunchy* 96% (Wholegrain oat flakes*, cane sugar*, high-oleic sunflower oil*, wholegrain barley flakes*, grape seed flour*, wholegrain oat bran*, wholegrain crisped rice*, beetroot powder*, aronia powder*, natural blueberry aroma* 0,25%, salt), apple cubes* 3%, blueberries* freeze-dried 1%.

Chocolate Granola

Art.No. 40017



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1827 kJ
Energy in Kilocalories	435 kcal
Fat	16 g
of which saturated	3,4 g
Carbohydrates	60 g
of which sugars	20 g
Fibre	7,5 g
Protein	9,1 g
Salt	0,20 g

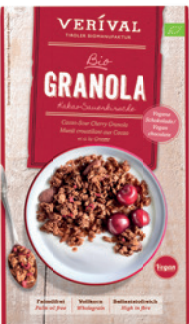
Available as: retail pack (375g)
XXL (1500g)

INGREDIENTS

Wholemeal oat flakes*, raw cane sugar*, wholemeal wheat flakes*, high-oleic sunflower oil*, chocolate flakes whole milk* 3.3% (sugar*, whole milk powder*, cocoa mass*, cocoa butter*, sweet whey powder* (milk), emulsifier: Sunflower lecithin*), dark chocolate flakes* 1.8% (cocoa mass*, sugar*, cocoa butter*, emulsifier: sunflower lecithin*), wholegrain rice crispies*, cocoa powder* 1.3%, grated coconut*, salt.

Cocoa-Sour Cherry Granola

Art.No. 40266



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1791 kJ
Energy in Kilocalories	426 kcal
Fat	14 g
of which saturated	2,6 g
Carbohydrates	61 g
of which sugars	14 g
Fibre	8,2 g
Protein	10 g
Salt	0,13 g

Available as: retail pack (325g)
XXL (1300g) | single portion (45g)

INGREDIENTS

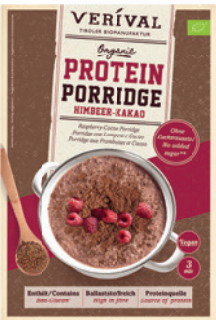
vegan

Chocolate crunchy* 96% (wholegrain oat flakes*, raw cane sugar*, wholegrain wheat flakes*, high-oleic sunflower oil*, dark chocolate* 4% (cocoa paste*, raw can sugar*, cocoa butter*, vanilla*), wholegrain crisped rice*, cocoa powder* 1%, coconut shreds*, salt), sour cherry* pieces freeze-dried 2%, cocoa nibs* 1%, cocoa powder* 1%.



Protein Porridge Raspberry-Cocoa

Art.No. 40317



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1553 kJ
Energy in Kilocalories	369 kcal
Fat	7,7 g
of which saturated	1,6 g
Carbohydrates	54 g
of which sugars	6,3 g
Fibre	14 g
Protein	14 g
Salt	0,03 g

Available as: retail pack (400g)
single portion (45g)

INGREDIENTS **vegan | no sugar added | source of protein**

Oat bran* 78%, date powder*, freeze-dried raspberry pieces* 4,5%, cocoa powder* 3%, sunflower protein powder*, pumpkin seed protein powder* (pumpkin seed protein* 99%, salt), carob powder*.

Protein Porridge Cocoa-Banana

Art.No. 40124



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1534 kJ
Energy in Kilocalories	364 kcal
Fat	6,7 g
of which saturated	1,2 g
Carbohydrates	55 g
of which sugars	8,5 g
Fibre	12 g
Protein	15 g
Salt	0,05 g

Available as: retail pack (350g)
XXL (1400g) | single portion (45g)

INGREDIENTS **vegan | no sugar added | gluten free | source of protein**

Gluten free coarsely ground wholegrain oats* 76%, banana powder* 7%, sunflower protein powder*, pumpkin seed protein powder* (pumpkin seed protein*, salt), date powder*, cocoa powder* 2,5%, golden linseed *, maca powder*, carob powder*.

High Protein Porridge Blueberry-Banana

Art.No. 40368



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1623 kJ
Energy in Kilocalories	387 kcal
Fat	13 g
of which saturated	1,9 g
Carbohydrates	39 g
of which sugars	7 g
Fibre	11 g
Protein	23 g
Salt	0,01 g

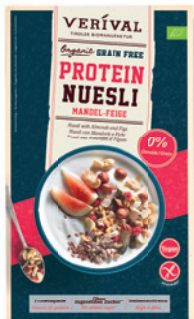
Available as: retail pack (300g)
single portion (45g)

INGREDIENTS **vegan | no sugar added | gluten free | high in protein**

Gluten free coarsely ground wholegrain oats* 49%, soya flakes*, dried banana pieces* 6% , blueberry powder* freeze-dried 3%, sunflower protein powder* 3%, almonds* chopped, blueberries* freeze-dried 2,5%, hemp seeds*.

Grain Free Protein Nuesli Almond-Fig

Art.No. 40125



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2365 kJ
Energy in Kilocalories	571 kcal
Fat	45 g
of which saturated	9,0 g
Carbohydrates	17 g
of which sugars	15 g
Fibre	11 g
Protein	19 g
Salt	0,03 g

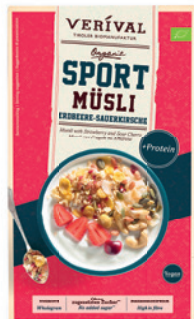
Available as: retail pack (300g)
XXL (1100g) | single portion (45g)

INGREDIENTS **vegan | no sugar added | gluten free | source of protein**

Sunflower seeds*, sliced almonds* 15%, pumpkin seeds*, chopped figs* 10% (figs* 95%, rice flour*), cashew chunks* 9%, apple cubes*, toasted coconut chips*, brown linseed*, hazelnuts* 4%, chopped almonds* 3%, red currants* freeze-dried 3%.

Protein Muesli Strawberry-Sour Cherry

Art.No. 40126



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1710 kJ
Energy in Kilocalories	408 kcal
Fat	14 g
of which saturated	4,8 g
Carbohydrates	53 g
of which sugars	6,6 g
Fibre	8,8 g
Protein	13 g
Salt	0,05 g

Available as: retail pack (300g)
single portion (45g)

INGREDIENTS **vegan | no sugar added | source of protein**

Wholegrain oat flakes* 60%, chopped dates* (dates* 97%, rice flour*), teff crispies* (teff flour*, rice flour*, concentrated raspberry juice*), pumpkin seeds*, toasted coconut chips*, cashews*, hemp seeds*, unsweetened cornflakes* (corn* 99%, salt), puffed amaranth*, freeze-dried sour cherry pieces* 1,5%, freeze-dried strawberry pieces* 0,5%, freeze-dried raspberry granulate*.



Grain Free Protein Granola Nuts-Seeds-Coconut

Art.No. 40253



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2453 kJ
Energy in Kilocalories	593 kcal
Fat	49 g
of which saturated	14 g
Carbohydrates	14 g
of which sugars	7,3 g
Fibre	9,9 g
Protein	19 g
Salt	0,35 g

Available as: retail pack (400g)

INGREDIENTS

vegan | source of protein

Chopped almonds* 27,9%, pumpkin seeds* 14%, sunflower seeds* 14%, cashew chunks* 11,5%, linseed* brown 8,9%, coconut rasp* 8%, toasted coconut chips* 7,1%, maple syrup*, high-oleic sunflower oil*, cinnamon*, salt.

Protein Granola Date-Almond

Art.No. 40341



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1893 kJ
Energy in Kilocalories	453 kcal
Fat	22 g
of which saturated	5,6 g
Carbohydrates	43 g
of which sugars	12 g
Fibre	9,5 g
Protein	16 g
Salt	0,07 g

Available as: retail pack (325g)
single portion (45g)

INGREDIENTS

vegan | no sugar added | source of protein

Wholegrain oat flakes*, date powder* 21%, sunflower seed crispies*, high-oleic sunflower oil*, oatmeal*, coconut shreds*, almonds* chopped 4,6%, pumpkin seeds* 4%, cinnamon*, salt.

Protein Lower Carb Granola Raspberry-Almond

Art.No. 40254



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2227 kJ
Energy in Kilocalories	536 kcal
Fat	37 g
of which saturated	4,7 g
Carbohydrates	30 g
of which sugars	10 g
Fibre	9,3 g
Protein	16 g
Salt	0,05 g

Available as: retail pack (400g)

INGREDIENTS

vegan | source of protein

Crunchy* 33% (wholegrain oat flakes*, raw cane sugar*, coconut shreds* 5.7%, wholegrain crisped rice*, high-oleic sunflower oil*, salt, vanilla powder*), sunflower seeds*, chopped almonds* 13%, linseed* brown, sesame seeds*, chopped dates* (97% dates*, rice flour*), sliced almonds* 5%, raspberry pieces* freeze-dried 3%.

Protein Granola Mix Red Fruits-Coconut

Art.No. 40366



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1968 kJ
Energy in Kilocalories	471 kcal
Fat	25 g
of which saturated	7,3 g
Carbohydrates	42 g
of which sugars	12 g
Fibre	9,2 g
Protein	15 g
Salt	0,15 g

Available as: retail pack (300g)
single portion (40g)

INGREDIENTS

vegan | no sugar added | source of protein

Crunchy* 63,5% (wholegrain oat flakes*, date powder*, sunflower seed crispies*, high-oleic sunflower oil*, oatmeal*, coconut shreds*, almonds* chopped, pumpkin seeds*, cinnamon*, salt), cornflakes* (corn* 99%, salt), almonds* 7%, coconut chips* toasted 5%, sunflower seeds*, sultanas* (sultanas* 99,5%, sunflower oil*), pumpkin seeds*, sour cherries* freeze-dried 1,5%, berries* freeze-dried 1% (strawberries*, raspberries*).





Protein Sport Shake Strawberry-Blackberry

Art.No. 403022



NUTRITION TABLE (data per 100g)

Energy in Kilojoule	1636 kJ
Energy in Kilocalories	388 kcal
Fat	7,4 g
of which saturated	1,6 g
Carbohydrates	58 g
of which sugars	19 g
Fibre	8,8 g
Protein	18 g
Salt	0,19 g

Available as: single portion (35g)

INGREDIENTS **vegan | no sugar added | gluten free | source of protein**

Oat drinking powder* gluten free, sunflower protein powder* 21%, rice drink powder* (rice*, oat fibre gluten free, sunflower oil*, salt), strawberry powder* 7%, pumpkin seed protein powder* 4% (pumpkin seed protein*, salt), date powder*, hemp seeds*, blackberry powder* 2,5%, chia seeds* "salvia hispanica", maca powder*, beetroot powder*.

Green Protein Corn Cakes

Art.No. 402720



NUTRITION TABLE (data per 100g)

Energy in Kilojoule	1551 kJ
Energy in Kilocalories	367 kcal
Fat	2,6 g
of which saturated	0,4 g
Carbohydrates	62 g
of which sugars	1,5 g
Fibre	11 g
Protein	18,4 g
Salt	0,28 g

Available as: retail pack (120g)

INGREDIENTS **vegan | no sugar added | gluten free | high in protein**

Corn* 49%, pulses* in varying proportions 46% (peas*, black beans*, red lentils*, chickpeas*), pea protein*, sea salt, corn oil*, natural olive flavour.

Protein Couscous-Bowl Oriental

Art.No. 403730



NUTRITION TABLE (data per 100g)

Energy in Kilojoule	1658 kJ
Energy in Kilocalories	394 kcal
Fat	8,1 g
of which saturated	1,3 g
Carbohydrates	64 g
of which sugars	5,7 g
Fibre	8,3 g
Protein	12 g
Salt	0,36 g

Available as: single portion (60g)

INGREDIENTS **vegan | gluten free | source of protein**

Oat couscous* gluten-free 75.4% (oat flour* gluten-free 70%, corn flour*), sweet potato pieces* 5%, chickpea flakes*, sultanas* (sultanas* 99.5%, sunflower oil*), chia seeds* „Salvia Hispanica“, almonds* chopped, hemp seeds*, spice mix* (Ras-el-Hanout) 0.8%, salt.

Crunchy Protein Almond Butter

Art.No. 40307



NUTRITION TABLE (data per 100g)

Energy in Kilojoule	2630 kJ
Energy in Kilocalories	636 kcal
Fat	55 g
of which saturated	5,2 g
Carbohydrates	6,0 g
of which sugars	4,7 g
Fibre	8,5 g
Protein	25 g
Salt	0 g

Available as: retail pack (300g)

INGREDIENTS **vegan | no sugar added | source of protein**

Almonds* 100%.



*) Certified organic



gluten free

Berry Wholegrain Muesli

Art.No. 40026



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1513 kJ
Energy in Kilocalories	358 kcal
Fat	4,6 g
of which saturated	0,8 g
Carbohydrates	65 g
of which sugars	11 g
Fibre	6,3 g
Protein	11 g
Salt	0,08 g

Available as: retail pack (325g)
XXL (1300g) | single portion (50g)

INGREDIENTS **vegan | source of protein**

Wholegrain oat flakes*, wholegrain wheat flakes*, puffed crisped rice with acerola* 15% (rice*, sugar*, apple juice concentrate*, elder juice concentrate*, acerola powder* 0,5%) berries* 7% (blackberries freeze-dried*, cranberries* dried and sugared (cranberries* 60%, cane sugar* 39%, sunflower oil*), red currant freeze-dried*, black currant freeze-dried*, raspberries freeze-dried*, strawberries freeze-dried*), cornflakes* (corn* 99%, salt).

Nuts-Fruits Wholegrain Muesli

Art.No. 40169



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1547 kJ
Energy in Kilocalories	368 kcal
Fat	8,2 g
of which saturated	0,9 g
Carbohydrates	58 g
of which sugars	7,9 g
Fibre	11 g
Protein	10 g
Salt	0,02 g

Available as: retail pack (325g)

INGREDIENTS **vegan | no sugar added**

Rye flakes*, wheat flakes*, oat flakes*, puffed amaranth*, hazelnuts* 4 %, dried date cubes* 4 % (dates* 97 %, rice flour*), dried apple cubes* 4 %, chopped almonds* 3 %, cashews* 2 %, strawberry pieces* freeze-dried 1 %, raspberry pieces* freeze-dried 1 %, sour cherry pieces* freeze-dried 1%.

Coconut-Apricots Wholegrain Muesli

Art.No. 40001



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1707 kJ
Energy in Kilocalories	407 kcal
Fat	13 g
of which saturated	5,3 g
Carbohydrates	57 g
of which sugars	12 g
Fibre	8,8 g
Protein	11 g
Salt	0,17 g

Available as: retail pack (325g)
XXL (1400g) | single portion (40g)

INGREDIENTS **vegan | gluten free**

Gluten free wholegrain oat flakes*, crunchy gluten free* (gluten free whole-grain oat flakes*, cane sugar*, high-oleic sunflower oil*, coconut flakes*, wholegrain crisped rice*, salt), cornflakes* (corn* 99%, sea salt), sultanas* (sultanas* 99,5%, sunflower oil*), coconut chips* 6%, chopped apricots* 5% (apricots* 95%, rice flour*), sunflower seeds*, chopped almonds*, berries* 1% (strawberry pieces* freeze-dried, raspberry pieces* freeze-dried).

Apple-Cherry Wholegrain Muesli

Art.No. 40367



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1545 kJ
Energy in Kilocalories	367 kcal
Fat	7,2 g
of which saturated	1,1 g
Carbohydrates	60 g
of which sugars	12 g
Fibre	8,9 g
Protein	11 g
Salt	0,02 g

Available as: retail pack (300g)

INGREDIENTS **vegan | no sugar added | gluten free | source of protein**

Gluten free wholegrain oat flakes* 75%, sultanas* 9% (sultanas* 99,5%, sunflower oil*), dried apple cubes* 6%, sour cherry pieces* freeze-dried 4%, sunflower seeds*, apple flakes* 2% (apple purée* 40%, rice flour*, apple juice concentrate* 20%).

Bircher Wholegrain Muesli

Art.No. 40011



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1570 kJ
Energy in Kilocalories	373 kcal
Fat	7,6 g
of which saturated	0,9 g
Carbohydrates	62 g
of which sugars	19 g
Fibre	8,9 g
Protein	9,6 g
Salt	0,10 g

Available as: retail pack (375g)
XXL (1500g)

INGREDIENTS **vegan | no sugar added**

Wholegrain oat flakes*, Wholegrain wheat flakes*, 3-fruit flakes* (wholegrain wheat flour*, date juice concentrate*, apple juice concentrate*, banana purée*), sultanas* 6% (sultanas* 99,5%, sunflower oil*), chopped figs* (figs* 97%, rice flour*), apple cubes* 5%, apple flakes* (apple purée*, rice flour*, apple juice concentrate*), roasted hazelnuts* 3%, chopped almonds* 2,5%.

Nuts Wholegrain Muesli

Art.No. 40329



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1992 kJ
Energy in Kilocalories	476 kcal
Fat	20 g
of which saturated	1,9 g
Carbohydrates	54 g
of which sugars	15 g
Fibre	12 g
Protein	14 g
Salt	0,06 g

Available as: XXL (1500g)
single portion (60g)

INGREDIENTS **vegan | no sugar added**

Wheat flakes*, oat flakes*, rye flakes*, sultanas* (sultanas 99,5%, sunflower oil*), chopped and roasted almonds* 8%, hazelnuts* 4%, apricots* (apricots* 97%, rice flour*), sesame seeds*, sunflower seeds*, almonds blanched*.



Kids Chocolate Cereal Mix

Art.No. 40370



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1794 kJ
Energy in Kilocalories	428 kcal
Fat	16 g
of which saturated	3,5 g
Carbohydrates	58 g
of which sugars	18 g
Fibre	7,4 g
Protein	9,2 g
Salt	0,24 g

Available as: retail pack (350g)
XXL (1400g) | single portion (45g)

INGREDIENTS

-30% sugar

Chocolate crunchy* 91% (wholegrain oat flakes*, raw cane sugar*, wholegrain wheat flakes*, high-oleic sunflower oil*, milk chocolate* 3% (sugar*, whole milk powder*, cocoa paste*, cocoa butter*, sweet whey powder* (milk), emulsifier: sunflower lecithin*), wholegrain crisped rice*, dark chocolate* 2% (cocoa paste*, sugar*, cocoa butter*, emulsifier: sunflower lecithin*), cocoa powder* 1%, coconut shreds*, salt), chocolate pockets* 7,5% (chocolate filling* 41,1% (sugar*, chocolate* 8,2% (sugar*, cocoa powder*, cocoa butter*), vegetable oil* (rapeseed*, sunflower*), skimmed milk powder*, emulsifier: sunflower lecithin*, antioxidants: tocopherol rich extract, hazelnuts*), wheat flour*, rice semolina*, oat flour*, chocolate powder* 9,8% (sugar*, cocoa powder*), sugar*, salt), chocolate drops* 1% (sugar*, whole milk powder*, cocoa butter*, cocoa paste*, emulsifier: soy lecithin*), freeze-dried strawberries*.

Kids Berry Crunchy

Art.No. 40371



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1746 kJ
Energy in Kilocalories	416 kcal
Fat	14 g
of which saturated	4,0 g
Carbohydrates	57 g
of which sugars	9,0 g
Fibre	9,0 g
Protein	11 g
Salt	0,10 g

Available as: retail pack (375g)
single portion (55g)

INGREDIENTS

vegan | -50% sugar

Crunchy* 97,5% (wholegrain oat flakes*, raw cane sugar*, coconut shreds*, wholegrain crisped rice*, high-oleic sunflower oil*, salt, vanilla powder*), berries* freeze-dried 1,5% (strawberries*, raspberries*, blackberries*), blackberry powder* 1%.

Kids Porridge Cocoa-Banana

Art.No. 40277



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1530 kJ
Energy in Kilocalories	363 kcal
Fat	6,1 g
of which saturated	1,1 g
Carbohydrates	60 g
of which sugars	7,9 g
Fibre	10 g
Protein	12 g
Salt	0,01 g

Available as: retail pack (350g)
single portion (45g)

INGREDIENTS vegan | no sugar added | gluten free | source of protein

Gluten free coarsely ground wholegrain oats* 87%, freeze-dried banana pieces* 4%, date powder*, cocoa powder* 2%, banana powder* 2%, carob powder*.





Unsweetened Cornflakes

Art.No. 40002



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1588 kJ
Energy in Kilocalories	374 kcal
Fat	1,0 g
of which saturated	0,1 g
Carbohydrates	84 g
of which sugars	0,4 g
Fibre	2,6 g
Protein	6,0 g
Salt	1,09 g

Available as: retail pack (250g)
XXL (500g) | single portion (25g)

INGREDIENTS

vegan | no sugar added | gluten free

Corn* 99%, salt.

Spelt Bips with Honey

Art.No. 40030



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1645 kJ
Energy in Kilocalories	389 kcal
Fat	2,9 g
of which saturated	0,4 g
Carbohydrates	78 g
of which sugars	24 g
Fibre	6,5 g
Protein	9,4 g
Salt	0 g

Available as: retail pack (200g)

INGREDIENTS

Puffed spelt* (wheat**) 70%, honey* 30%.

Wheat Bips with Honey

Art.No. 40031



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1608 kJ
Energy in Kilocalories	380 kcal
Fat	2,5 g
of which saturated	0,4 g
Carbohydrates	76 g
of which sugars	24 g
Fibre	6,7 g
Protein	10 g
Salt	0,09 g

Available as: retail pack (200g)

INGREDIENTS

Puffed wheat* 70%, honey* 30%.



*) Certified organic



gluten free

Crunchy Protein Almond Butter

Art.No. 40307



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2630 kJ
Energy in Kilocalories	636 kcal
Fat	55 g
of which saturated	5,2 g
Carbohydrates	6,0 g
of which sugars	4,7 g
Fibre	8,5 g
Protein	25 g
Salt	0 g

Available as: retail pack (300g)

INGREDIENTS **vegan | no sugar added | source of protein**

Almonds* 100%.

Green Protein Corn Cakes

Art.No. 402720



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1551 kJ
Energy in Kilocalories	367 kcal
Fat	2,6 g
of which saturated	0,4 g
Carbohydrates	62 g
of which sugars	1,5 g
Fibre	11 g
Protein	18,4 g
Salt	0,28 g

Available as: retail pack (120g)

INGREDIENTS **vegan | no sugar added | gluten free | high in protein**

Corn* 49%, pulses* in varying proportions 46% (peas*, black beans*, red lentils*, chickpeas*), pea protein*, sea salt, corn oil*, natural olive flavour.

Corn Waffles

Art.No. 011700



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1630 kJ
Energy in Kilocalories	384 kcal
Fat	1,2 g
of which saturated	0,2 g
Carbohydrates	85 g
of which sugars	0,4 g
Fibre	1,9 g
Protein	7,4 g
Salt	0,50 g

Available as: retail pack (100g)

INGREDIENTS **vegan | no sugar added | gluten free**

Corn* 99%, corn oil*, sea salt.

Corn-Quinoa Waffles

Art.No. 40096



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1633 kJ
Energy in Kilocalories	385 kcal
Fat	2,1 g
of which saturated	0,3 g
Carbohydrates	83 g
of which sugars	0,5 g
Fibre	2,3 g
Protein	7,4 g
Salt	0,50 g

Available as: retail pack (100g)

INGREDIENTS **vegan | no sugar added | gluten free**

Corn* 89%, quinoa* 10%, corn oil* 0,5%, salt.



Chocolate Rice Waffles

Art.No. 761100



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1957 kJ
Energy in Kilocalories	466 kcal
Fat	19 g
of which saturated	11 g
Carbohydrates	65 g
of which sugars	25 g
Fibre	2,9 g
Protein	7,7 g
Salt	0 g

Available as: retail pack (100g)

INGREDIENTS

gluten free

Puffed wholegrain rice* 50%, whole milk chocolate* 50% (whole cane sugar*, cocoa butter* 32%, whole milk powder*, cocoa mass* 9%, sweet whey powder* (milk), vanilla*, emulsifier: sunflower lecithin).

Honey Waffles

Art.No. 808100



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1821 kJ
Energy in Kilocalories	433 kcal
Fat	16 g
of which saturated	6,0 g
Carbohydrates	68 g
of which sugars	39 g
Fibre	1,5 g
Protein	3,6 g
Salt	0,58 g

Available as: retail pack (175g)
single portion (60g)

INGREDIENTS

Wheat flour* 22%, glucose syrup (wheat)*, honey* 16%, vegetable oils* (palm oil*, sunflower oil*), cane sugar*, whole wheat flour* 8%, sea salt, whole egg powder*, raising agent: sodium carbonates, emulsifier: sunflower lecithin*, cinnamon*.

Yoghurt Rice Waffles

Art.No. 801100



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2005 kJ
Energy in Kilocalories	479 kcal
Fat	21 g
of which saturated	12 g
Carbohydrates	64 g
of which sugars	24 g
Fibre	1,7 g
Protein	7,2 g
Salt	0,01 g

Available as: retail pack (100g)

INGREDIENTS

gluten free

Puffed wholegrain rice* 50%, coating* (whole cane sugar*, cocoa butter*, sweet whey powder* (milk), yogurt powder* 12%, whole milk powder*, acidifier: citric acid, emulsifier: sunflower lecithin).

Date-Coconut Bites

Art.No. 084200



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1325 kJ
Energy in Kilocalories	313 kcal
Fat	1,8 g
of which saturated	1,4 g
Carbohydrates	68 g
of which sugars	62 g
Fibre	7,3 g
Protein	2,6 g
Salt	0 g

Available as: retail pack (200g)
single portion (40g)

INGREDIENTS

vegan | no sugar added | gluten free

Dates* 98%, coconut flakes*.

Strawberry-Yoghurt Rice Waffles

Art.No. 014100



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2008 kJ
Energy in Kilocalories	479 kcal
Fat	21 g
of which saturated	12 g
Carbohydrates	64 g
of which sugars	24 g
Fibre	1,7 g
Protein	7,2 g
Salt	0,01 g

Available as: retail pack (100g)

INGREDIENTS

gluten free

Puffed wholegrain rice* 50%, coating (whole cane sugar*, cocoa butter*, sweet whey powder* (milk), yogurt powder* 12%, whole milk powder*, acidifier: citric acid, natural aroma: strawberry* 0.65%, beetroot extract*, emulsifier: sunflower lecithin).



Work Out

Art.No. 024115



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1930 kJ
Energy in Kilocalories	462 kcal
Fat	25 g
of which saturated	3,4 g
Carbohydrates	44 g
of which sugars	38 g
Fibre	8,7 g
Protein	11 g
Salt	0,05 g

Available as: retail pack (150g)

INGREDIENTS

vegan | gluten free

Nuts* 50% (almonds*, cashew nuts*, almonds* blanched), fruits* (sultanas* (sultanas* 99,5%, sunflower seed oil*), cranberries (cranberries* 60%, cane sugar* 39%, sunflower seed oil*), black currant*).

Energy Kick Nut-Fruit Mix

Art.No. 040080



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2113 kJ
Energy in Kilocalories	508 kcal
Fat	34 g
of which saturated	12 g
Carbohydrates	43 g
of which sugars	37 g
Fibre	7,7 g
Protein	7,7 g
Salt	0,02 g

Available as: retail pack (200g)
XXL (1000g)

INGREDIENTS

vegan | gluten free

Cranberries* 50% (cranberries* 60%, cane sugar* 39%, sunflower oil*), roasted hazelnuts* 33%, toasted coconut chips* 17%.

Early Bird

Art.No. 024315



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2620 kJ
Energy in Kilocalories	633 kcal
Fat	54 g
of which saturated	6,3 g
Carbohydrates	13 g
of which sugars	5,4 g
Fibre	9,7 g
Protein	19 g
Salt	0,05 g

Available as: retail pack (150g)
XXL (1000g)

INGREDIENTS

vegan | no sugar added | gluten free | source of protein

Almonds* blanched 25%, cashew nuts* 25%, hazelnuts* 18%, almonds* 18%, walnuts* 14%.

Brain Kick

Art.No. 402422



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2620 kJ
Energy in Kilocalories	633 kcal
Fat	54 g
of which saturated	6,0 g
Carbohydrates	13 g
of which sugars	5,4 g
Fibre	9,7 g
Protein	19 g
Salt	0,05 g

Available as: retail pack (45g)

INGREDIENTS

vegan | no sugar added | source of protein

Almonds* blanched 25%, cashew nuts* 25%, hazelnuts* 18%, almonds* 18%, walnuts* 14%.

Smart Start

Art.No. 053220



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2085 kJ
Energy in Kilocalories	501 kcal
Fat	33 g
of which saturated	3,9 g
Carbohydrates	35 g
of which sugars	31 g
Fibre	8,1 g
Protein	12 g
Salt	0,05 g

Available as: retail pack (200g)

INGREDIENTS

vegan | no sugar added | gluten free

Nuts* 61% (almonds* blanched, cashew nuts*, hazelnuts*, almonds*, walnuts*), light sultanas* 39% (sultanas* 99,5%, sunflower oil*) 39%.

Time Out

Art.No. 402432



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1961 kJ
Energy in Kilocalories	471 kcal
Fat	28 g
of which saturated	3,9 g
Carbohydrates	37 g
of which sugars	33 g
Fibre	7,3 g
Protein	14 g
Salt	0,03 g

Available as: retail pack (50g)

INGREDIENTS

vegan | no sugar added | source of protein

Nuts* 58% (cashews*, almonds* blanched, almonds*), fruits* 42% (light sultanas* (light sultanas* 99,5%, sunflower oil*), red currants*).



Oat Flakes

Art.No. 40009



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1563 kJ
Energy in Kilocalories	371 kcal
Fat	7,0 g
of which saturated	1,3 g
Carbohydrates	59 g
of which sugars	1,1 g
Fibre	10 g
Protein	13 g
Salt	0,02 g

Available as: retail pack (500g)

INGREDIENTS

vegan | no sugar added | source of protein

100% organic oat.

Five-Grain Flakes

Art.No. 40007



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1427 kJ
Energy in Kilocalories	338 kcal
Fat	2,4 g
of which saturated	0,4 g
Carbohydrates	62 g
of which sugars	0,9 g
Fibre	10 g
Protein	12 g
Salt	0 g

Available as: retail pack (500g)

INGREDIENTS

vegan | no sugar added | source of protein

Wheat flakes* 40%, rye flakes* 30%, spelt flakes* (wheat) 10%, barley flakes* 10%, oat flakes* 10%.

Wholegrain Flakes

Art.No. 40008



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1490 kJ
Energy in Kilocalories	352 kcal
Fat	2,6 g
of which saturated	0,3 g
Carbohydrates	64 g
of which sugars	1,0 g
Fibre	8,5 g
Protein	14 g
Salt	0 g

Available as: retail pack (500g)

INGREDIENTS

vegan | no sugar added | source of protein

Wholegrain flakes* 100% (spelt flakes* (wheat) 78%, einkorn wheat flakes* 11%, emmer wheat flakes* 11%).

Muesli Flake Base

Art.No. 40006



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1523 kJ
Energy in Kilocalories	362 kcal
Fat	7,3 g
of which saturated	1,0 g
Carbohydrates	57 g
of which sugars	0,9 g
Fibre	10 g
Protein	12 g
Salt	0 g

Available as: retail pack (500g)

XXL (1000g)

INGREDIENTS

vegan | no sugar added | source of protein

Wheat flakes* 50%, oat flakes* 15%, barley flakes* 15 %, spelt flakes* (wheat) 10%, sesame seeds*, sunflower seeds*, linseed*.

Spelt Flakes

Art.No. 40010



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1401 kJ
Energy in Kilocalories	331 kcal
Fat	1,7 g
of which saturated	0 g
Carbohydrates	60 g
of which sugars	1,5 g
Fibre	10 g
Protein	14 g
Salt	0,02 g

Available as: retail pack (500g)

INGREDIENTS

vegan | no sugar added | source of protein

100% organic spelt flakes* (wheat).

Oatmeal

Art.No. 40032



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1614 kJ
Energy in Kilocalories	383 kcal
Fat	7,0 g
of which saturated	1,7 g
Carbohydrates	59 g
of which sugars	1,0 g
Fibre	7,9 g
Protein	13 g
Salt	0 g

Available as: retail pack (500g)

INGREDIENTS

vegan | no added sugar | source of protein

100% organic oat.



Chia Seeds

Art.No. 40105



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1869 kJ
Energy in Kilocalories	453 kcal
Fat	32 g
of which saturated	3,5 g
Carbohydrates	5,2 g
of which sugars	0,5 g
Fibre	30 g
Protein	21 g
Salt	0,02 g

Available as: retail pack (200g)

INGREDIENTS

vegan | no sugar added | source of protein

Chia seeds (Salvia Hispanica)*.

Linseed Date-Plum

Art.No. 406320



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1988 kJ
Energy in Kilocalories	480 kcal
Fat	30 g
of which saturated	0,9 g
Carbohydrates	19 g
of which sugars	7,8 g
Fibre	29 g
Protein	19 g
Salt	0 g

Available as: retail pack (200g)

INGREDIENTS

vegan | no added sugar | source of protein

Golden linseed* 46%, brown linseed* 25%, wheat bran*, plum granules* 9% (plum concentrate* 60%, rice flour*), date granules* 8% (date concentrate* 60%, rice flour*).

Good Morning Organic Seed Mix

Art.No. 40079



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2154 kJ
Energy in Kilocalories	522 kcal
Fat	41 g
of which saturated	4,7 g
Carbohydrates	4,7 g
of which sugars	1,5 g
Fibre	25 g
Protein	21 g
Salt	0,1 g

Available as: retail pack (250g)

INGREDIENTS

vegan | no added sugar | source of protein

Seeds* (brown linseed* 87%, psyllium* 5%, chia seeds* 5%, hemp seeds* 1,5%) raspberries* 1,5%.

Grade A Maple Syrup

Art.No. 300100



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1513 kJ
Energy in Kilocalories	356 kcal
Fat	0 g
of which saturated	0 g
Carbohydrates	89 g
of which sugars	87 g
Fibre	0 g
Protein	0 g
Salt	0 g

Available as: retail pack (250g)

INGREDIENTS

vegan

Grade A maple syrup.

Agave Syrup

Art.No. 014400



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1292 kJ
Energy in Kilocalories	304 kcal
Fat	0 g
of which saturated	0 g
Carbohydrates	76 g
of which sugars	76 g
Fibre	0 g
Protein	0 g
Salt	0,05 g

Available as: retail pack (250g)

INGREDIENTS

vegan

Agave syrup.



Pumpkin Seeds

Art.No. 117120



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2418 kJ
Energy in Kilocalories	584 kcal
Fat	46 g
of which saturated	9,4 g
Carbohydrates	14 g
of which sugars	0,3 g
Fibre	8,8 g
Protein	24 g
Salt	0,05 g

Available as: retail pack (200g)

INGREDIENTS **vegan | no added sugar | source of protein**

100% organic pumpkin seeds.

Whole Sesame Seeds

Art.No. 123125



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2414 kJ
Energy in Kilocalories	584 kcal
Fat	50 g
of which saturated	6,8 g
Carbohydrates	10 g
of which sugars	0,2 g
Fibre	11 g
Protein	18 g
Salt	0,11 g

Available as: retail pack (250g)

INGREDIENTS **vegan | no added sugar | source of protein**

100% organic sesame seeds.

Sunflower Seeds

Art.No. 124125



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2441 kJ
Energy in Kilocalories	590 kcal
Fat	49 g
of which saturated	5,7 g
Carbohydrates	12 g
of which sugars	2,9 g
Fibre	6,3 g
Protein	22 g
Salt	0 g

Available as: retail pack (250g),
XXL (500g)

INGREDIENTS **vegan | no added sugar | source of protein**

100% organic sunflower seeds.

Pine Kernels

Art.No. 951207



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	3000 kJ
Energy in Kilocalories	726 kcal
Fat	68 g
of which saturated	4,9 g
Carbohydrates	13 g
of which sugars	3,6 g
Fibre	3,1 g
Protein	14 g
Salt	0 g

Available as: retail pack (70g)

INGREDIENTS **vegan | no sugar added | source of protein**

100% organic pine kernels.



Cashew Nuts

Art.No. 037212



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2468 kJ
Energy in Kilocalories	594 kcal
Fat	44 g
of which saturated	8 g
Carbohydrates	30 g
of which sugars	6 g
Fibre	3 g
Protein	18 g
Salt	0,03 g

Available as: retail pack (125g)

INGREDIENTS **vegan | no sugar added | source of protein**

100% organic cashew nuts.

Light Sultanas

Art.No. 104125



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1379 kJ
Energy in Kilocalories	325 kcal
Fat	0,6 g
of which saturated	0,1 g
Carbohydrates	77 g
of which sugars	73 g
Fibre	0 g
Protein	2,8 g
Salt	0 g

Available as: retail pack (250g)

INGREDIENTS **vegan | no sugar added**

Light sultanas* 99,5%, vegetable oil* 0,5%.

Almonds

Art.No. 094220



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2591 kJ
Energy in Kilocalories	627 kcal
Fat	55 g
of which saturated	4,6 g
Carbohydrates	4,6 g
of which sugars	3,7 g
Fibre	13 g
Protein	22 g
Salt	0,04 g

Available as: retail pack (200g)

INGREDIENTS **vegan | no sugar added | source of protein**

100% organic almonds.

Dried Dates

Art.No. 70220



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	1245 kJ
Energy in Kilocalories	294 kcal
Fat	0,4 g
of which saturated	0,3 g
Carbohydrates	66 g
of which sugars	41 g
Fibre	8 g
Protein	2,6 g
Salt	0 g

Available as: retail pack (200g)

INGREDIENTS **vegan | no sugar added**

100% organic dates.

Walnuts

Art.No. 082215



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	2950 kJ
Energy in Kilocalories	713 kcal
Fat	61 g
of which saturated	7 g
Carbohydrates	16 g
of which sugars	3 g
Fibre	8 g
Protein	21 g
Salt	0 g

Available as: retail pack (150g)

INGREDIENTS **vegan | no sugar added | source of protein**

100% organic walnuts.



PONA Apple-Ginger

Art.No. 30001



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	105 kJ
Energy in Kilocalories	25 kcal
Fat	0 g
of which saturated	0 g
Carbohydrates	5,9 g
of which sugars	5,2 g
Fibre	0 g
Protein	0,3 g
Salt	0 g

Available as: retail pack (330ml)

INGREDIENTS

vegan | no sugar added

50% direct juice from South Tyrolean organic apples*, 47% delicately sparkling mountain spring water, 3% organic direct ginger juice*.

PONA Apple-Lime

Art.No. 30002



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	99 kJ
Energy in Kilocalories	23 kcal
Fat	0 g
of which saturated	0 g
Carbohydrates	5,6 g
of which sugars	5,3 g
Fibre	0 g
Protein	0,25 g
Salt	0 g

Available as: retail pack (330ml)

INGREDIENTS

vegan | no sugar added

50% direct juice from South Tyrolean organic apples*, 47% finely sparkling mountain spring water, 3% organic lime direct juice*.

PONA Pink Grapefruit

Art.No. 30005



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	89 kJ
Energy in Kilocalories	21 kcal
Fat	0,1 g
of which saturated	0 g
Carbohydrates	4,6 g
of which sugars	3,5 g
Fibre	0 g
Protein	0,3 g
Salt	0 g

Available as: retail pack (330ml)

INGREDIENTS

vegan | no sugar added

50% pure Sicilian organic grapefruit juice*, 50% delicately sparkling mountain spring water.

PONA Tarocco Orange

Art.No. 30004



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	87,5 kJ
Energy in Kilocalories	20,5 kcal
Fat	0 g
of which saturated	0 g
Carbohydrates	4,3 g
of which sugars	4,3 g
Fibre	0 g
Protein	0,3 g
Salt	0 g

Available as: retail pack (330ml)

INGREDIENTS

vegan | no sugar added

50% direct juice from Sicilian organic blood oranges*, 50% finely sparkling mountain spring water.

PONA Primofiore Lemon

Art.No. 30003



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	6,4 kJ
Energy in Kilocalories	1,5 kcal
Fat	0 g
of which saturated	0 g
Carbohydrates	0,1 g
of which sugars	0 g
Fibre	0 g
Protein	0,3 g
Salt	0 g

Available as: retail pack (330ml)

INGREDIENTS

vegan | no sugar added

8% direct-squeezed Sicilian organic lemons*, 92% delicately sparkling mountain spring water.

PONA Red Grape-Primofiore Lemon

Art.No. 30006



NUTRITION TABLE (data per 100g)	
Energy in Kilojoule	118 kJ
Energy in Kilocalories	28 kcal
Fat	0,2 g
of which saturated	0 g
Carbohydrates	6,4 g
of which sugars	6,4 g
Fibre	0 g
Protein	0,22 g
Salt	0 g

Available as: retail pack (330ml)

INGREDIENTS

vegan | no sugar added

45% direct juice from Austrian organic grapes*, 53% finely sparkling mountain spring water, 3% directly pressed organic lemon juice from Sicily.



ORGANIC SINGLE PORTIONS

Proudly supporting healthy mornings

VERIVAL
TIROL

Porridge



Granola



Protein



Muesli & Kids cereals





Porridge



Granola & Muesli



Protein, Nuts & Kids cereals

