



Oat porridge with mango and coconut

EN Ingredients: Gluten free oat flakes 50 %, skimmed milk powder, coconut cream powder 11 % (coconut milk, maltodextrin, sodium caseinate (from milk)), sugar, coconut flakes 4,0 %, apricot, glucose syrup, mango purée 2,0 %, potato starch, salt.

Lactose free and Gluten free

Category: Dry meal

Preparation:

1 Tear off the top and fold out the bottom

2 Add 200 ml of boiling water (level F)

3 Stir

4 Re-seal, wait 5 mins

Add more water if required.

Can be prepared using cold water 150 ml, extend the time to > 10 mins

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)	1702 kJ	2552 kJ
Energy (kcal)	404 kcal	606 kcal
Fat	11 g	16 g
of which saturated fat	7,5 g	11 g
Carbohydrate	61 g	92 g
of which sugars	20 g	30 g
Fiber	5,2 g	7,8 g
Protein	14 g	21 g
Salt	1,0 g	1,5 g

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