



Oat porridge with Chocolate and Banana

EN Ingredients: Gluten free oat flakes 50 %, skimmed milk powder, coconut cream powder 15 % (coconut milk, maltodextrin, sodium caseinate (from milk)), sugar, banana 5,0 %, chocolate 3,0 % (sugar, cocoa mass, cocoa butter, dextrose, emulsifier: sunflower lecithin), 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)	1836 kJ	2755 kJ
Energy (kcal)	437 kcal	655 kcal
Fat	14 g	21 g
of which saturated fat	10 g	16 g
Carbohydrate	61 g	91 g
of which sugars	24 g	36 g
Fiber	5,5 g	8,3 g
Protein	14 g	21 g
Salt	1,0 g	1,6 g

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