



Oat porridge with Chocolate and Banana

SE/DK/NO Ingredienser: Glutenfria/glutenfrie **havreflingor/havreflager/havreflak** 50 %, **skummjølkspulver/skummetmælkspulver/skummetmelkpulver**, kokosgräddepulver/kokosflødepulver/kokosfløtepulver 15 % (kokosmjølk/kokosmælk/kokosmelk, maltodextrin, **mjolkprotein/mælkeprotein/melkeprotein**), socker/sukker, banan 5,0 %, chokolad/chokolade/sjokolade 3,0 % (søker/sukker, kakaomassa/kakaomasse, kakaosmør/kakaosmør, dextros/dekstrose, emulgeringsmedel/emulgeringsmiddel: solroslecitin/solsikkelecithin), salt.

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.

FR Ingrédients: Flocons **davoine** sans gluten 50 %, **lait** écrémé en poudre, poudre de crème de noix de coco 15 % (lait de coco, maltodextrine, protéines de **lait**), sucre, banane 5,0 %, chocolat 3,0 % (sucre, pâte de cacao, beurre de cacao, dextrose, émulsifiant: lécithine de tourneseol), sel.

Claims: Lactose free, Gluten free and Vegetarian

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



Marketed by Continental Foods Sweden AB, www.outdoormeal.com
Consumer contact Phone +46 (0)20-94 00 94