



## Oat porridge with mango and coconut

**SE/DK/NO Ingredienser:** Glutenfria/glutenfrie **havreflingor/havreflager/havreflak** 50 %, **skummjölkpulver/skummetmælkpulver/skummetmelkpulver**, kokosgräddepulver/kokosflødepulver/kokosfløtepulver 11 % (kokosmjölk/kokosmælk/kokosmelk, maltodextrin, **mjolkprotein/mælkeprotein/melkeprotein**), socker/sukker, kokosflingor/kokosflager/kokosflak 4,0 %, aprikos, glukossirap/glukosesirup, mangopuré 2,0 %, salt, potatisstärkelse/kartoffelstivelse/potetstivelse.

**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.

**FR Ingrédients:** Flocons **davoine** sans gluten 50 %, **lait** écrémé en poudre, poudre de crème de noix de coco 11 % (lait de coco, maltodextrine, protéines de **lait**), sucre, flocons de noix de coco 4,0 %, abricot, sirop de glucose, purée de mangue 2,0 %, sel, féculé de pomme de terre.

**Claims:** Lactose free, Gluten free, 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:** 60 months at an ambient temperature in a temperate climate or according to NATO Standard AMedP-1.11; Chapter 2.4. – Shelf Life.

**Storage:** Dry at room temperature.

**Nutritional values:**

<b>Nutritional declaration</b>	<b>Per 100g (dry product)</b>	<b>Per Pouch (prepared)</b>
Energy (kJ)	1818 kJ	2728 kJ
Energy (kcal)	432 kcal	649 kcal
Fat	13 g	20 g
of which saturated fat	10 g	15 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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