



## 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/dekstroser, 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 tournesol), sel.

**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)                    | 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](http://www.outdoormeal.com)  
Consumer contact Phone +46 (0)20-94 00 94