

NO ADDED SUGAR FIG AND APPLE

NUTRITION INFORMATION

Serving size: 50g (approx. 1/2 cup)

Servings per pack: 10

Pack size: 515g

	Avg. Qty per serving	%DI per serve*	Avg. Qty per 100g
Energy	850kj	10%	1700kj
Protein	8.5g	17%	16.9g
Fat			
- Total	5.6g	8%	11.2g
- Saturated	0.9g	4%	1.7g
Carbohydrate	27.0g	9%	54.0g
- Sugars	3.8g	4%	7.6g
Dietary fibre	5.4g	18%	10.7g
Sodium	21mg	<1%	41mg
Potassium	223mg		445mg

Percentage Daily Intakes (%DI) are based on an average adult diet of 8700kj.
Your Daily Intake may be higher or lower depending on your energy needs.

Sugar content comes from the naturally occurring sugars in the ingredients, from the fruits to the grains.

INGREDIENTS: Wholegrain oats* (77%), seeds (11%) (sunflower seeds [8%], linseeds, pumpkin seeds [1.0%]), apple (6%) (contains sulphites), fig (5%), natural flavour, puffed buckwheat (0.2%).

Contains gluten (oats), tree nuts, sulphites.
May be present: peanuts, soy, dairy and other tree nuts.

Most of our mueslis contain natural fruit which, like most fruit of the dried variety can harden over time. If your teeth are particularly sensitive, please take care while eating.

Made in New Zealand from imported & local ingredients.
Store in a cool, dry place.

 **CONTAINS 77% WHOLEGRAINS**

 **GOOD SOURCE OF FIBRE**

 **LOW IN SODIUM**

Hubbards