

PORRIDGE

Date, Fig & Apricot

EN – ORGANIC PORRIDGE WITH DATES, FIGS AND APRICOTS.
INGREDIENTS: wholemeal rolled **oats***, **oat** bran*, wholemeal rolled **rye***, dried fruit pieces* 22% (dates*, figs*, apricots*, rice flour*), linseed*, milled psyllium husks*. May contain traces of other grains containing **gluten**, **nuts**, **sesame**, **mustard**, **lupin**, **soy**. *Certified organic

FR – PORRIDGE BIO AUX DATTES, FIGUES ET ABRICOTS
INGRÉDIENTS: flocons d'**avoine** complète*, son d'**avoine***, flocons de **seigle** complet*, fruits secs* 22% (dattes*, figues*, abricots*, farine de riz*), graines de lin*, cosses de psyllium moulues*. Peut contenir des traces d'autres céréales contenant du **gluten**, **fruits à coque**, **sésame**, **moutarde**, **lupin**, **soja**. *Certifié biologique

NL – BIO HAVERMOUT MET DADELS, VIJGEN EN ABRIKOZEN.
INGREDIËNTEN: volkoren**haver**/lokken*, **haver**zemelen*, volkoren**rogge**/lokken*, stukken gedroogd fruit* 22% (dadels*, vijgen*, abrikozen*, rijstmeel*), lijnzaad*, psylliumvezelpoeder*. Kan sporen van andere granen bevatten die **gluten**, **noten**, **sesam**, **mosterd**, **lupine**, **soja** bevatten. *Gecertificeerd biologisch

DE – BIO PORRIDGE MIT DATTELN, FEIGEN UND ARIKOSEN.
ZUTATEN: **Hafer**vollkornflocken*, **Hafer**kleie*, **Roggen**vollkornflocken*, Trockenfruchtstücke* 22% (Datteln*, Feigen*, Aprikosen*, Reismehl*), Leinsaat*, gemahlene Flohsamenschalen*. Kann Spuren von anderen **gluten**haltigen Getreiden, **Schalenfrüchten**, **Sesam**, **Senf**, **Lupine** und **Soja** enthalten. *Aus kontrolliert biologischem Anbau

RO – TERCI ECO CU CURMALE, SMOCHINE SI CAISE. INGREDI-
ENTE: fulgi de **ovăz** integral*, tărate de **ovăz***, fulgi de **secară** integrală*, bucati de fructe uscate* 22% (curmale*, smochine*, caise*, făină de orez*), seminte de in*, praf de coji de psyllium*. Poate sa contina urme de alte cereale cu **gluten**, **nuci**, **susan**, **muștar**, **lupin**, **soia**. *Ingrediente ecologice. Distribuitor in România: MICO TOTAL DISTRIBUTION SRL, Voluntari (IF); Certificare ecologica: RO-ECO-026

**NUTRITIONAL VALUES PER/VALEURS NUTRITIVES
PAR/VOEDINGSWAARDE PER/NÄHRWERTANGABEN
PRO/VALORI NUTRITIONALE MEDII PER/WARTOŚĆ
ODŻYWCZA W/VALORI NUTRIZIONALI/VALOR
NUTRICIONAL POR/DECLARAÇÃO NUTRICIONAL
POR/ΔΙΑΤΡΟΦΙΚΗ ΑΞΙΑ/ 100g**

ENERGY/ÉNERGIE/ENERGIE/VALOARE ENERGETICĂ WARTOŚĆ ENERGETYCZNA/VALORE ENERGETICO/ENERGIA/ ENERGIA/ΕΝΕΡΓΕΙΑ/ الطاقة	1459 kJ 347 kcal
FAT/MATIÈRES GRASSES/VETTEN/FETT/GRASIM/TLUSZCZ/ GRASSI/GRASAS/LIPIDOS/ΛΙΠΙΔΙΑ/دهون	6,4 g
- of which saturates/dont acides gras saturés/waarden verzadigde vetturen/davon gesättigte Fettsäuren/din care grasiimi saturate/w tym kwasy tłuszczowe nasycone/di cui saturi/ de las cuales ácidos grasos saturados/dos quais saturados/ εκ των οποίων κορεσμένα/ منها دهون مشبعة	1,0 g
CARBOHYDRATES/GLUCIDES/KOOLHYDRATEN/KOHLNHYDRATE/ CARBOHIDRATI/WĘGLOWODANY/CARBOIDRATI/HIDRATOS DE CARBONO/ΥΔΑΤΑΝΘΡΑΚΕΣ/كربوهيدرات	55 g
- of which sugars/dont sucres/waaraan suikers/davon Zucker/ din care zahăruri/w tym cukry/di cui zucker/di de los cuales azúcares/dos quais açúcares/εκ των οποίων σάκχαρα/ منها سكريات	13 g
FIBRE/FIBRES ALIMENTAIRES/VEZELS/BALLASTSTOFFE/ BLONNIK/FIBRAS/FIBRA/ΕΛΩΔΙΜΕΣ ΙΝΕΣ/ألياف	12 g
PROTEIN/PROTÉINES/EIWITTEN/EIWEISS/PROTEINE/ BIAŁKO/PROTEÍNAS/ΠΡΟΤΕΙΝΗ/بروتين	11 g
SALT/SEL/ZOUT/SALZ/SARE/SÓL/SALE/SAL/ΑΛΑΤΙ/ملح	0,03 g

Contains the naturally occurring sugars from our dried fruits/Contient les sucres naturellement présents de nos fruits secs/**Bevat
de van nature voorkomende suikers uit onze gedroogde vruchten/**Enthält die natürlich vorkommenden Zucker aus unseren Trocken-
früchten/**Contine zaharuri naturale din fructele uscate/**Zawiera naturalnie występujące cukry z naszych suszonych owoców/**Con-
tiene gli zuccheri naturalmente presenti nei nostri frutti secchi/**Contiene el azúcar natural de las frutas secas/**Contém os açúcares
naturais de nossas frutas secas/** Περιέχει τα φυσικά σάκχαρα από τους ξηρούς καρπούς μας / الفواكه المجففة لدينا / يحتوي على السكريات الطبيعية من الفواكه المجففة لدينا

PORRIDGE

Warm & cozy

1. 50 g
2. 180 ml milk (vegetal)
3. 5 min
4. Enjoy

MUESLI

Quick & easy

1. 50 g
2. 150 ml milk or yoghurt (vegetal)
3. Enjoy

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WE ONLY USE
THE BEST ORGANIC
PRODUCTS TO MAKE
OUR PORRIDGES.
NO CHEMICALS AND
ARTIFICIAL PESTICES
AND ONLY NATURAL
FERTILIZERS ARE
USED, SO THAT OUR
PLANTS ABOUND OF
LIFE AND FORCE.



Join us!



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Produced in Germany



DE-ÖKO-007
EU/Non-EU Agriculture
BIO ORGANIC



**NO
ADDED
SUGARS****



VEGAN



**RICH IN
FIBRE**



**NO
RAISINS**

450 g e

RECYCLE WITH US!



Box: Made from 100%
recycled paper. Please
recycle with paper waste.



Bag: Made from plastic.
Check local recycling
guidelines for plastic
disposal.

Production date:
Best before: / Lot number:

تاريخ الإنتاج:
صالح للاستخدام حتى:

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