Because you're sweet enough already

SPOON

Making Breakfast Better

VEGAN

SOURCE OF PROTEIN

HIGH FIBRE*

*20% of your recommended daily intake

SMALL BATCH

www.spooncereals.co.uk
@spooncereals

PRC-BD63-0004Z

SPOON

GRANOLA

THE LOW SUGAR ONE

BEST BEFORE / MINDESTENS HALTBAR BIS / A CONSOMMER DE PRÉFÉRENCE AVANT LE

SPOON®

GRANOLA

NEW RECIPE

THE LOW SUGAR ONE

High Fibre | Source of Protein

Daily High Fives

serving suggestion

VEGAN

Small Batch. Big Taste.

Allergen Update*

5 060419 540202

Spoon Studio UK: Spoon Cereals, Studio 5, 305A Goldhawk Road, London W12 8EU

Spoon Studio EU: Spoon Cereals, Suite 31 The Pottery, Bakers Point, Pottery Road, Dun Laoghaire, Dublin A96 EV18

Card/Karton/Carton: WIDELY RECYCLED

Film/Folie/Pellicule: RECYCLE WITH BAGS AT LARGER STORES

5 PP

Less waste – save your granola from going stale and store in an airtight container.

Less spillage – use scissors to open the inner film.

SPOON

THE LOW SUGAR ONE

Our upgraded low sugar granola has been protein-boosted and now contains loads more nuts and seeds - for anyone looking to increase their protein intake naturally. One for the virtuous breakfast lovers.

GB: LOW SUGAR OAT GRANOLA
INGREDIENTS: **Oats** (63%), Chicory Root Fibre, Rapeseed Oil, Protein Crispies (4%) (Pea Protein, Rice Flour), Pumpkin Seeds (2%), **Almonds** (2%), **Hazelnuts** (2%), **Cashew Nuts** (2%), Natural Flavouring, Vitamin E.
For allergens, **see ingredients in bold**.
***May also contain other tree nuts, peanuts and soya**.

DE: CEREALIENMISCHUNG GEBACKEN MIT ZUTATEN: **Haferflocken** (63%), Zichorienwurzelfaser, Rapsöl, Protein-Knusperstücke (4%) (Erbsenprotein, Reismehl), Kürbiskerne (2%), **Mandeln** (2%), **Haselnüsse** (2%), **Cashewnüsse** (2%), Natürliche Aromastoffe, Vitamin E.
Für Allergene, **siehe fettgedruckte Zutaten**.
***Kann Spuren von anderen Nüssen, Erdnüssen und Soja enthalten**.

FR: MÉLANGE DE CÉREALS CUITES AVEC SIROP D'ÉRABLE, GRAINES DE COURGE ET CANELLE
INGRÉDIENTS: **flocons d'avoine** (63%), fibre de racine de chicorée, huile de colza, croustilles protéinées (4%) (protéine de pois, farine de riz), graines de citrouille (2%), **amandes** (2%), **noisettes** (2%), **noix de cajou** (2%), arôme naturel, Vitamine E.
Pour les allergènes, **voir les ingrédients mis en gras**. ***Peut contenir traces d'autres noix, des arachides et de soja**.

NUTRITION DECLARATION / NÄHRWERTE / VALEURS NUTRITIVES

	PER/PRO/POUR 100g/40g (%*)
ENERGY/ENERGIE/ÉNERGIE	1685kJ/403kcal 674kJ/161kcal (8%)
FAT/FETT/MATIÈRES GRASSES	15g/6.1g (9%)
OF WHICH SATURATES/DAVON GESÄTTIGTE FETTSÄUREN/DONT ACIDES GRAS SATURÉS	1.8g/0.7g (4%)
CARBOHYDRATE/KOHLENHYDRATE/GLUCIDES	44g/18g
OF WHICH SUGARS/DAVON ZUCKER/DONT SUCRES	3.3g/1.3g (1%)
FIBRE/BALLASTSTOFFE/FIBRES ALIMENTAIRES	15.5g/6.2g
PROTEIN/EIWEIß/PROTÉINES	12g/4.8g (10%)
SALT/SALZ/SEL	0.08g/0.03g (1%)

Pack contains 10 portions of 40g
*Reference intake for an average adult (8400kJ/2000 kcal) / Die Packung enthält 10 Portionen von 40g
*Referenzmenge für einen durchschnittlichen Erwachsenen (8400 kJ/2000 kcal) / L'emballage contient 10 portions de 40g
Apport de référence pour un adulte-type (8400 kJ/2000 kcal)

SC018-L5

NO SMALL TALK BEFORE BREAKFAST
10 SERVINGS PER PACK

SPOON®

Giving you a good reason to jump out of bed in the morning.

We find mornings just as hard as the next person, which is why we set out to make breakfast better for everyone...

Better tasting, better for you and better for the planet.

Our granolas are made with high-quality, good-for-you ingredients and baked in small batches, which means fresher granola and less waste.

Get stuck in!

Annie & Jonny

400g e

Share your Spoon on social (we're looking for breakfast envy) @spooncereals

#MakingBreakfastBetter

Scan me for tasty stuff