



**GB: Pure porridge oats**  
Ingredients: wholegrain **oats**\* (100%). Gluten free.  
\* = certified organic ingredients  
For allergens please see ingredients in **bold**. Not suitable for **nut** or **soya** allergy sufferers due to manufacturing methods.  
Best before see stamp. Store cool and dry.

**D: Reine Haferflocken**  
Zutaten: Haferflocken\* (100%). Glutenfrei.  
\* = aus kontrolliert biologischem Anbau  
Für Allergene siehe fett gedruckte Zutaten. Aufgrund von Produktionsmethode nicht geeignet fuer **Nuss** und **soja** Allergiker.  
Mindestens haltbar bis: siehe Stempel.

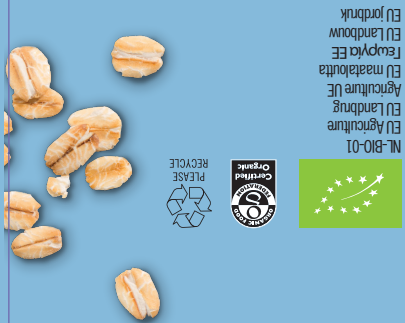
**F: Flocons d'Avoine Pure**  
Ingrédients: flocons d'**avoine**\* (100%). Sans gluten.  
\* = issus de l'agriculture biologique  
Pour les allergènes voir ingrédients en caractères gras.  
suite aux méthodes de fabrication, ne pas approprié pour des gens avec une allergie pour des **noix** ou du **soya**.  
A consommer de préférence avant: voir date imprimée.  
Conserver dans un endroit frais et sec.

**FIN: Luomu täysjyvä kaurahiutale**  
Ainekset: täysjyväkaurahiutaleita\* (100%). Gluteeniton.  
\* = kontrolloitu luomutuote  
Machdolliset allergia riskit merkitty **paksunoksellia**.  
Täydän tuotteen valmistustapa ei sovi **pähkinä** - tai **soija** allergisille. Forasta ennen: katso leima.  
Säilytä viileässä ja kuivassa paikassa.

**GR: Μηδένος Βρώμης Χωρίς Γλουτένη**  
Συστατικά: μηδένος βρώμης\* (100%). Χωρίς γλουτένη.  
\* = συστατικά βιολογικής γεωργίας  
Για αλλεργικούς, βλέπε συστατικά με **έντονο** σκόλοπο χαρακτήρα. Αποφύγετε να φάτε με αυτά τα προϊόντα εάν είστε αλλεργικοί σε **καρύδια** ή **σόγια**.  
Αποθηκεύστε σε δροσερό και ξηρό μέρος.

**NL: Pure Havervlokken**  
Ingrediënten: pure havervlokken\* (100%). Glutenvrij.  
\* = van gecontroleerde biologische landbouw  
Voor de allergenen zie ingrediënten in het **vet** weergegeven. Ten gevolge van de bereidingsmethode, niet geschikt voor mensen met een **noten** en **soja** allergie.  
Ten minste houdbaar tot: zie gedrukte datum.  
Bewaar op een koelle en droge plaats.

**S: Havregryn**  
Ingredienser: havre\*, gluten fri  
\* = sertifisert økologisk ingredienser.  
For allergener, se **fettn**merkede tekst. Ei tilpassing for **notter** och **soja**allergier pga tilberedningsmetode.  
Best før: se stempel. Forvaras svalt och tørt.



|                                                                                                                                                                                                                            |                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Average Nutritional Values /<br>durchschnittliche Nährwerte /<br>valeur nutritionnelle moyenne pour /<br>skindandlinen ravitocavol / Meon<br>diapodakiti Adia / gemiddelde<br>voedingswaarde / voedingswaarden<br>per 100g |                  |
| ENERGY                                                                                                                                                                                                                     | 1596kJ / 381kcal |
| FAT                                                                                                                                                                                                                        | 7.0g             |
| Fett / matières grasses / rasva / imaps /<br>vetten / fett                                                                                                                                                                 |                  |
| of which saturates                                                                                                                                                                                                         | 1.2g             |
| davon gesättigte Fettsäuren / dont<br>acides gras saturés / posta tydythnytd /<br>Ek tuw otoluw kopexilew / wacavon<br>verzadigde vetturen / wacavon mittat fett                                                           |                  |
| CARBOHYDRATE                                                                                                                                                                                                               | 62.0g            |
| Kohlenhydrate / glucides /<br>hillihydratit / Ykotonbopack /<br>koolhydraten / kolihydrat                                                                                                                                  |                  |
| of which sugars                                                                                                                                                                                                            | 1.0g             |
| davon Zucker / dont sucres / posta<br>sokefta / Ek tuw otoluw okxyopa /<br>wacavon suikers / vorav sockerarter                                                                                                             |                  |
| FIBRE                                                                                                                                                                                                                      | 5.6g             |
| Bollosistofte / fibres olimentofes /<br>rovitokitu / esbupue hvec / vezels / fiber                                                                                                                                         |                  |
| PROTEIN                                                                                                                                                                                                                    | 13.5g            |
| Eiweiß / protéines / protein /<br>mpurein / eiwitten / protein                                                                                                                                                             |                  |
| SALT                                                                                                                                                                                                                       | 0.02g            |
| Soitz / seil / suolo / alvati / zout / salt                                                                                                                                                                                |                  |

amisa  
DELIGHTFULLY GLUTEN FREE

amisa  
DELIGHTFULLY GLUTEN FREE

ORGANIC  
PURE PORRIDGE  
OATS

Deliciously creamy  
8 express sachets

easy cook  
2 minutes

216g e  
(8x27g)

✓ Gluten free  
✓ Vegan  
✓ High fibre

serving suggestion  
Serviervorschlag / suggestion de  
présentation / tarjolluehdotus / Πρόταση  
σερβιρίσματος / serveertip / serveringsförslag

amisa  
DELIGHTFULLY GLUTEN FREE

Amisa is made to be a little different.  
We understand every body is unique, so we create  
food to suit individuals. Our products combine  
peace of mind with pure pleasure, making  
Amisa the perfect choice for the life you lead.  
This is food that fits you.

Organic pure porridge oats

Amisa Pure Wholegrain Oats are  
reassuringly batch tested for gluten  
using the ELISA method. Whether enjoyed  
in a bowl of warming porridge, or in  
delicious bakes; these oats provide a  
great source of soluble fibre.

about oats  
Oats may have originated in the Fertile Crescent in the  
Near East. Domesticated oats were grown in Bronze Age  
Europe as they tolerate the cool wetter summers.

preparation  
Empty contents of one sachet into a saucepan. Fill sachet  
with water or your choice of milk (180ml approx) and  
empty into the saucepan. Bring to the boil, cook for 2  
minutes and stir regularly.  
for microwave: Empty contents of one sachet into a non  
metallic bowl. Fill sachet with water or your choice of milk  
(approx 180ml) and empty into bowl. Do not cover.  
Cook on full power for approx 2 minutes (based on 800w  
microwave). Serve sweetened with some agave syrup.

To create tasty recipes and find  
inspiring ideas take a look at  
[www.amisa.co.uk](http://www.amisa.co.uk)

216g e  
(8x27g)

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