



Smoothie Raspberries

1050 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Raspberries, irregular pieces, freeze dried, 350g
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.
Avoid large temperature variation to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
raspberries	1259/300	2.1g	0.07g	33.67g	33.59g	9.1g	0,02g	32.9g

Directions: use in smoothies or soak in cold water, eat cold or warm or sprinkle directly into a dish/muesli and allow to soak or eat directly as “chips”

dry/fresh ratio: 1:7 - which corresponds to 2.45 kg fresh raspberries