



Blackberries (wild) freeze dried

696 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Blackberries wild, whole fruits, freeze dried, 200g
- 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
blackberries	1464/348	6.92g	0.42g	43.18g	43.18g	8.3g	0,03g	22.14g

- Directions:** Soak in cold water, eat cold or warm or sprinkle directly into a dish/müesli and allow to soak or eat directly as “chips”
- dry/fresh ratio: 1:6 - which corresponds to 1.6kg fresh blackberries