



Müesli Package

22'182 kcal

- Dimensions:** 55 x 41 x 23 L/W/H in cm
- Weight:** 9.6 kg
- Allergens:** Gluten, nuts
- Storage:** If possible, cool and dry, without direct sunlight.
A constant temperature of below 20° celsius would be optimal.
- Once opened:** Close again with the enclosed plastic lid. Do not eat directly from the container (contamination), then the opened product can be consumed for several weeks.
Avoid huge temperature range to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).
Organic Nut Mix, Coconut slices and Organic Berry Mix: 2 years from production- see online shop

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
apples	1499 / 354	0.27g	0.11g	78.64g	72.0g	1.86g	0.01g	11.01g
aronia berries	1077 / 256	0g	0g	45g	40g	6.6g	<0.01g	25g
bananas	1500 / 360	0.7g	0.2g	77.0g	67.0g	4.0g	0.01g	8.0g
organic berry mix	1297 / 308	1.9g	0.3g	60.9g	55.8g	4.4g	0.14g	14.6g
blackberries	1464 / 348	6.92g	0.42g	43.18g	43.18g	8.3g	0.03g	22.14g
spelt flakes	1367 / 327	3.0g	0.0268g	63.0g	0.9g	12.0g	0.007g	11.5g
strawberries	1400 / 330	4.0g	0.3g	52.0g	51.0g	8.0g	0.023g	19.0g
oat flakes	1550 / 370	7g	1.5g	63g	1g	13g	0.03g	6g
blueberries	1322 / 316	4.12g	0.25g	41.5g	41.5g	4.12g	0.02g	33.61g
raspberries	1259 / 300	2.1g	0.07g	33.67g	33.59g	9.1g	0.02g	32.9g
coconut slices	2619 / 626	63.9g	55.4g	6.5g	6.5g	6.3g	0.08g	20.2g
organic nut mix	2354 / 568	43g	7.5g	21.6g	4.1g	18.5g	<0.1g	10.2g

Ingredients and directions

“Müesli Package”

1 tin of Apples freeze dried, 200g (708 kcal)

Ingredients: diced freeze dried apples

freshness ratio 1:10, which corresponds to approx. 2kg fresh apples

1 tin of Aronia Berries freeze dried, 400g (1024 kcal)

Ingredients: freeze dried aronia berries

freshness ratio 1:6, which corresponds to approx. 2.4kg fresh aronia berries

1 tin of Bananas freeze dried, 300g (1080 kcal)

Ingredients: sliced freeze dried bananas

freshness ratio 1:4, which corresponds to approx. 1.2kg fresh bananas

1 tin of Organic Berry Mix, 800g (2464 kcal)

Ingredients: Organic cranberries, organic aronia berries, organic cherries, organic goji berries, organic physalis, organic mulberries, organic cane sugar, organic sunflower oil.

1 tin of Blackberries freeze dried, 200g (696 kcal)

Ingredients: whole freeze dried blackberries

freshness ratio 1:8, which corresponds to approx. 4.8kg fresh blackberries

1 tin of Spelt Flakes, 900g (2943 kcal) – allergens: gluten

Ingredients: spelt flakes

1 tin of Strawberries freeze dried, 250g (825 kcal)

Ingredients: sliced freeze dried strawberries

freshness ratio 1:10, which corresponds to approx. 2.5kg fresh strawberries

1 tin of Oat Flakes, 800g (2960 kcal)

Ingredients: oat flakes

1 tin of Blueberries freeze dried, 250g (790 kcal)

Ingredients: whole freeze dried blueberries

freshness ratio 1:7, which corresponds to approx. 1.75kg fresh blueberries

1 tin of Raspberries freeze dried, 150g (450 kcal)

Ingredients: whole freeze dried raspberries

freshness ratio 1:7, which corresponds to approx. 1.05kg fresh raspberries

1 tin of Coconut slices air dried, 500g (3130 kcal)

Ingredients: coconut slices

1 tin of Organic Nut Mix 900g (5112 kcal)

Ingredients: organic cashews, organic almonds, organic Brazil nut kernels, organic walnuts, organic macadamia, organic pecan nut kernels

