

Muesli

Product description

Muesli is very appropriate as a breakfast for sports people thanks to its high proportion of carbohydrates. The main components are first-class, full-value cereals, carbohydrates, vegetable proteins, minerals and trace elements. Due to a low-fat content these essential ingredients and energy supplies are easily digestible.

Advantages

- No crystal sugar characteristics
- Long-lasting source of energy thanks to a low glycemc index
- Very healthy with whole grains, fruit and nuts



Utilisation

As a healthy sport breakfast or as snack for a long-lasting supply of energy.

Ingredients

Rolled oats, sultanas, wheat flakes, cornflakes, popped oat, whole grain flour (wheat and rye), barley flakes, dried dates, hazel-nut, almonds, dried apples and bananas, orange powder.



Packaging / Nutrition facts

Muesli sugar free : with sultanas, no sugar added

Bag of 1 kg or Box of 7 kg

nutrition facts	per 100 g
energy kJ (kcal)	1480 (350)
proteins	11 g
carbohydrates	65 g
fat	7 g
minerals	2 g
fibres	8 g