



Outdoor Meal

## Fruit Porridge with Rye Flakes

art no 7272 (SE/NO/DK/EN/FI)

art no 7639 (EN/DE/FR/ES)

### Ingredients:

Flakes (**rye** [20 %], **wheat**), fruit [26 %] (apple, raisins, apricot, peach), sugar, palm fat, modified potato starch, potato starch, antioxidant (ascorbic acid), preservative (**sulphur dioxide**).

### Preparation:

1 Tear off the top and fold out the bottom

2 Add 300 ml of boiling water (level G)

3 Stir

4 Re-seal, wait 5 mins

Add more water if required.

Can be prepared using cold water, extend the time to > 15 mins

Nutritional declaration	Serving portion (approx 440 g)	Temperature	Shelf life
		22	3 years
		37	4 months*
		50	1 month*
Energy (kJ)	2550 kJ	* The product is safe to eat within 3 years. The specified shelf life is for product with maintained taste quality.	
Energy (kcal)	600 kcal		
Fat	11 g		
of which saturated fat	5,1 g		
Carbohydrate	115 g		
of which sugars	51 g		
Fiber	7 g		
Protein	7 g		
Salt	<0,01 g		



The composition of the product can change. Therefore, read always the ingredient list on the product.

**Marketed by** Continental Foods Sweden AB,  
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