



MUESLI MUNCH

COLOURFUL & HEALTHILICIOUS



Ingredients

Milk, Rolled Oats, Sultanas, Pepitas,
Sunflower seeds, Puff rice, Cranberries,
Coconut

Nutritional Info

Nutrition information	Values /100g	Values /portion
Calories	979 kJ 234 kcal	489 kJ 117 kcal
Total fat	8.6 g	4.3 g
- saturated fat	3.4 g	1.7 g
Carbohydrates	30.7 g	15.3 g
- sugar	6.5 g	3.2 g
Fiber	3.9 g	1.9 g
Protein	7.1 g	3.5 g
Salt	0 g	0.0 g

Allergens: Wheat, Gluten

Alternatives: Natural Greek Style Yoghurt, Soy
Yoghurt with Puree Fruit

FUN FACT: Muesli was first developed in 1900 by Swiss physician Maximilian Bircher-Benner. He invented this so that his ill patients had something nourishing to eat.

The Scoop

Dairy, fruit, fibre, and protein all rolled into one colourful and yummy morning tea to kick their day off on the right foot.

Yummies own muesli has 3 deliciously toasted, protein-packed seeds for that 'yum' flavour (and smell). They are added to the sweet combination of antioxidising cranberries, sultanas and coconut, then mixed with hearty rolled oats and puff rice.

