

# Nut Müola

Never heard of müola? Well, you heard it here first. Müola is the divine intersection where muesli and granola come together in a delicious fusion. Our Nut Extravaganza Müola is a mouth-watering combination of the crunchiest seeds and most delicious nuts. Enjoy our extravagant müola, a 100% organic marriage.

**100% Pleasure, 0% Guilt**



No hands in our bags! Your fruits & nuts last longer when you reseal the package after your last handful. Nuts have pores and therefore absorb a tiny bit of what touches them. These bags keep hands out & keep deliciousness in.

## Ingredients:

Organic granola\*\*(**Oat** flakes\*, cane sugar\*, **wheat** flakes\*, vegetable fat\* (sunflower), raisins\*, glucose syrup\*, coconut\*, sunflower kernels\*, honey\*, **almond** flour\*, sea salt(0,1%), natural vanilla flavour\*, caramel syrup\*(sugar\*, water), **Wheat** flakes\*, **Rye** Flakes\*, **Barley** flakes\*, cranberries\*(cranberries\*60%, apple juice concentrate\*(39%), sunflower oil\*( $<1.0\%$ )). **Cashew nuts\***, **almonds\***, sunflower kernels\* pumpkin seeds\*, coconut roasted\*, mulberries\*, goji berries\*, puffed millet\*, quinoa flakes\*, chia seeds\*.

Additives: Antioxidant(tocopherol rich extract).

May contain traces of **peanuts** and **treenuts**, **sesame seeds** and **gluten**

## Nutritional values:

	(per 100 g)	(per serving 45g)
Energy:	1907 KJ/434 Kcal (20% DRI)**	858 KJ/195 kcal (10% DRI)**
<b>Fat:</b>	20.4g (30% DRI)**	9.2g (14% DRI)**
Saturated:	4.8g (22% DRI)**	2.2g (10% DRI)**
<b>Carbohydrates:</b>	46.7g (16% DRI)**	21g (8% DRI)**
Sugars:	14.8g (30% DRI)**	6.7g (13% DRI)**
<b>Protein:</b>	12g (16% DRI)**	5.4g (7% DRI)**
<b>Salt:</b>	0.05g <sup>1</sup> (4% DRI)**	0.02g <sup>1</sup> (2% DRI)**
<b>Vitamins/Vitaminer</b>		
Vitamin B1:	0.2mg (19% DRI)**	0.1g (8% DRI)**
Vitamin E:	3.4mg (28% DRI)**	1.5g (13% DRI)**
<b>Minerals</b>		
Magnesium:	66.8mg (18% DRI)**	30.1mg (8% DRI)**
Iron:	2.7mg (19% DRI)**	1.2mg (9% DRI)**
Phosphor:	221.9mg (31% DRI)**	99.8mg (14% DRI)**
Potassium/:	328.1mg (16% DRI)**	147.6mg (7% DRI)**

<sup>1</sup>The content of salt is exclusively due to naturally occurring sodium

\* Organic ingredient

\*\* Reference intake for an average adult (8 400 kJ/2 000 kcal).

**Warning:** Potential choking hazard to small children/May contain **nut shell residue**.

**Storage:** Once opened, please keep me somewhere away from direct sunlight. Store me in a cool, chilled-out place. I'm not a vampire though, promise.

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