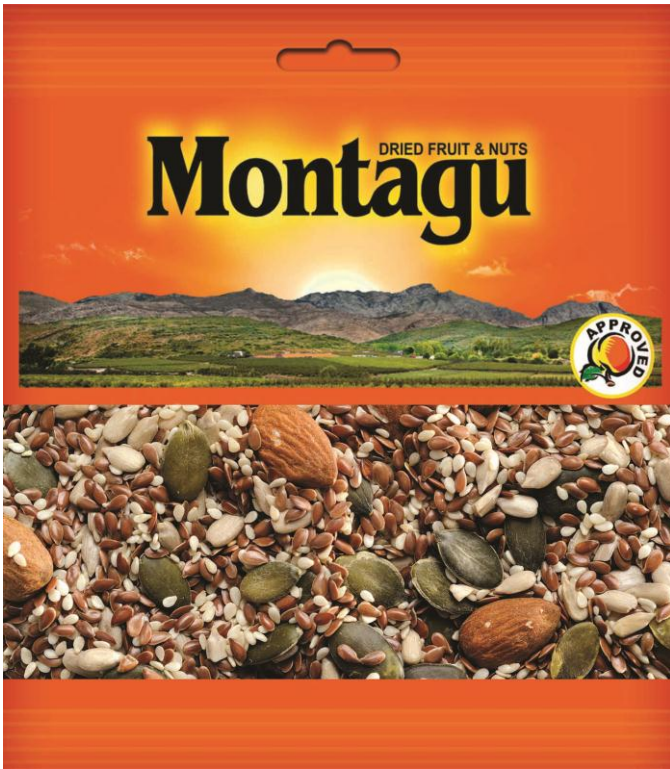


SEED & ALMOND MIX



High in fibre	✓
High in Energy	✓
Country of origin	Australia, India, RSA, USA
Preservative	Free
Kosher	✓
Halaal	✓

Ingredients: Linseed, Sesame, Pumpkin Seed, Sunflower, Almond

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	2185 kJ
Protein	21 g
Carbohydrates	60.8 g
Total sugar	1.8 g
Total fat	42.3 g
Saturated fat	4.8 g
Monounsaturated fat	15 g
Polyunsaturated fat	20.5 g
Fibre	17.2 g
Sodium	25.6 mg

