

Breakfast is the most important meal of the day, so it's important you get it right!

SureStart Breakfast Blend

Because your body has been in 'fasting' mode for the last 10-12 hours you need to break that fast to give your metabolism a boost. Eating a healthy nutritious breakfast will increase your fat burning ability and give you the energy you need to start your day the right way!

Nutrition Information

Servings per package: 10 Average serving size 40g

	Average Quantity per Serving	Average Quantity per 100g
Energy	694kj	1740kj
Protein	6.2g	15.5g
Fat, Total	6.7g	16.6g
- saturated	0.8g	2.1g
Carbohydrate	20.0g	50.1g
- sugars	1.4g	3.4g
Dietary Fibre	3.6g	9.1g
Sodium	31.3mg	78.3mg

Nutritional composition may vary slightly due to seasonal condition and natural product variability.

Ingredients: Cereals (72%) (Bran Flakes (whole wheat, wheat bran, barley malt extract, sugar, salt), Puffed Wheat, Organic Amaranth, Barley Flakes, Rye Flakes, Puffed Quinoa, Buckwheat), Seeds (16%) (Pumpkin Seeds, Sunflower Seeds), Nuts (12%) (Hazelnuts, Almonds), Spices (Nutmeg, Cinnamon).

This product contains Gluten and Tree Nuts

Serving Suggestions: Serve with warm or cold whole milk & fruit. Also delicious with natural yoghurt, fruit & topped with fresh mint.

Store in an airtight container in a cool dry place away from direct sunlight.

BEST BEFORE:

Made in New Zealand from local and imported ingredients.

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