



**MORNFLAKE**  
*Mighty Oats*

**Product Specification**  
**Mornflake**  
**Classic Granola Raisin & Almond**  
**(1kg)**

**Product Code:** CR073699 / 5010026515704

**Legal Product Name:** Honey toasted oat clusters with mixed dried fruits, nuts & seeds.

**Ingredients Declaration:** **OATFLAKES** (59%), Sugar, Mixed Fruits, Nuts & Seeds (21%) (Raisins (9%), Sultanas, **ALMONDS** (4%), Sunflower Seeds, Desiccated Coconut), Palm Oil, Honey, Natural Flavouring.

**Allergy Advice:** For allergens, including cereals containing gluten, see ingredients in **BOLD**.  
Also, not suitable for **MILK, WHEAT, BARLEY, SPELT** or **RYE** allergy sufferers due to the methods used in the manufacture of this product.  
May also contain other **NUTS**.  
Caution: Small children can choke on nuts.

Allergens	Contains	May Contain
1. Celery	No	No
2. Cereals containing Gluten Wheat (such as Spelt and Khorasan Wheat), Rye, Barley, Oats	Yes (Oats)	Yes (Wheat, Barley, Spelt, Rye)
3. Crustaceans	No	No
4. Eggs	No	No
5. Fish	No	No
6. Lupin	No	No
7. Milk	No	Yes
8. Molluscs	No	No
9. Mustard	No	No
10. Nuts (Including Almonds, Hazelnuts, Walnuts, Cashew Nuts, Pecan Nuts, Brazil Nuts, Pistachio Nuts, Macadamia Nuts)	Yes (Almonds)	Yes (Hazelnuts, Brazil Nuts, Cashew Nuts, Pistachio Nuts, Pecan Nuts)
11. Peanuts	No	No
12. Sesame Seeds	No	No
13. Soya	No	No
14. Sulphur Dioxide	No	No

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Document Owner: Helen Mottram		Document Approver: Derek Croucher

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## Nutrition Information

Typical Values	Per 100g	Per 45g Portion with 100mls of Semi- Skimmed Milk	Per 45g Portion	% RI Per 45g Portion
Energy	1706kJ 406kcal	976kJ 232kcal	766kJ 182kcal	9% 9%
Fat	12.3g	7.3g	5.5g	8%
Of which saturates	3.6g	2.7g	1.6g	8%
Carbohydrate	60.9g	32.2g	27.4g	11%
Of which sugars	23.6g	15.4g	10.6g	12%
Fibre	6.6g	3.0g	3.0g	-
Protein	9.6g	7.9g	4.3g	9%
Salt	0.03g	0.10g	0.01g	<1%

Reference intake of an average adult (8400kJ/2000kcal)

RI = Reference intake

This pack contains approx. 22 x 45g servings

**Nutrition / Health Claims:** High in Fibre  
Contains Wholegrain  
No Added Salt  
Helps Actively Lower Cholesterol\*

\*As part of a varied and balanced diet and a healthy lifestyle, oat beta glucans have been shown to help lower blood cholesterol. Blood cholesterol lowering may reduce the risk of coronary heart disease. One 45g portion of Mornflake Raisin & Almond Granola provides at least 1g of beta glucans from oats, which is 33% of 3g, the suggested daily amount.

**Suitable for:** This product is suitable for Vegetarians.

**Transport & Storage:** UK Ambient i.e., 5-30°C ≤70% relative humidity.

**Storage:** Once opened store in a cool, dry place away from strong odours. To maintain optimum quality after opening store in an airtight container and use within two months, and by the best before date.

**Shelf-Life:** 12 months

**Pack Formats:** Packaging 1kg x 6 per outer case.

### Microbiological Standards (NB product is not routinely tested):

Organism	Target	Reject
<i>Salmonella</i> spp <i>E. coli</i>	Not Detected in 25g ≤10 cfu/g	Present in 25g > 10 cfu/g

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Morning Foods products comply with all applicable and relevant current legislation in Great Britain – specifically this will be the legislation in place at the final Packing Site (where there may be divergence of applicable legislation within Great Britain).

This product is packed in England.

Conformance to legislation in other countries should be verified prior to use, and is the responsibility of the customer.

Morning Foods does not certify its products as being suitable for infants and young children (i.e., those under three years old) or those on special diets. Any use of Morning Foods products for these specific categories must be verified by the customer.

Products containing palm oil contain certified segregated (/SG) sustainable palm oil.  
Supply Chain Cert No: BMT-RSPO-000924.

Exports to the EU

Morning Foods declares that, except where otherwise clearly indicated, this product is of United Kingdom preferential origin.

Where present:

- Dairy components are 100% UK/EU origin.
- Any non-UK/EU Honey is present at <15% and is therefore within rules of origin general tolerance provisions.
- Any non-UK/EU originating sugar is present at <40%
- Inulin is present at <20%
- Any non-UK/EU originating rice flour is present at <20%

Morning Foods, Crewe, Cheshire, CW2 6HP, United Kingdom.

EU Correspondence: MFL Cereals Ltd, 5<sup>th</sup> Floor Beaux Lane House, Mercer Street Lower, Dublin 2, D02 DH60, Ireland

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