



# MORNFLAKE

## *Mighty Oats*

### Confidential Product Specification

### Mornflake

### Classic Muesli Fruit & Nut

### No Added Sugar<sup>††</sup>

### 750g e

**Product Code / Barcode:** CR073999 / 5010026515605

**Legal Product Name:** A blend of wholegrain cereal flakes with mixed dried fruits, nuts & seeds.

**Ingredients Declaration:** Mixed Dried Fruits, Nuts & Seeds (38%) (Dried Dates (10%), Raisins (8%), Sultanas, Coconut (4%), Sunflower Seeds, Dried Apricot (2%) (contains Preservative **SULPHUR DIOXIDE**), **ALMONDS** (1%), **HAZELNUTS**), **OATFLAKES**, Toasted **WHEATFLAKES**, **BARLEY** Flakes.

**Allergy Advice:** For allergens, including cereals containing gluten, see ingredients in **BOLD**. Also, not suitable for **MILK**, **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 Yes/No	May Contain
1. Celery	No	No
2. Cereals containing <b>Gluten</b> Wheat (such as <b>Spelt</b> and <b>Khorasan</b> Wheat), <b>Rye</b> , <b>Barley</b> , <b>Oats</b>	Yes (Oats, Wheat, Barley)	Yes (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 <b>Almonds</b> , <b>Hazelnuts</b> , <b>Walnuts</b> , <b>Cashew Nuts</b> , <b>Pecan Nuts</b> , <b>Brazil Nuts</b> , <b>Pistachio Nuts</b> , <b>Macadamia Nuts</b> )	Yes (Almonds, Hazelnuts)	Yes (Brazil Nuts, Cashew Nuts, Pistachio Nuts, Pecan Nuts)
11. Peanuts	No	No
12. Sesame Seeds	No	No
13. Soya	No	No
14. Sulphur Dioxide	Yes	n/a

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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	1596kJ 379kcal	929kJ 221kcal	719kJ 171kcal	9% 9%
Fat	9.1g	5.9g	4.1g	6%
Of which saturates	3.1g	2.5g	1.4g	7%
Carbohydrate	60.8g	32.2g	27.4g	11%
Of which sugars††	18.5g	13.1g	8.3g	9%
Fibre	8.4g	3.8g	3.8g	-
Protein	9.3g	7.8g	4.2g	8%
Salt	0.03g	0.10g	0.01g	<1%

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

This pack contains approx. 16 x 45g portions

†† This product has no added sugar but contains naturally occurring sugars

### Nutrition Claims:

High Fibre  
Contains Wholegrain  
No Added Salt  
No Added Sugar ††

### Suitable for:

This product is suitable for Vegetarians & Vegans

### Transport & Storage:

UK Ambient 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:

Packaged 750g x 12 per outer case.

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

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

### Legislation Statement:

Product complies with all relevant legislative requirements in the UK / EC. The product will be free of all extraneous foreign matter and infestation, and free from taints and off odours.

Produced & Packed in the UK  
Mornflake, Crewe, Cheshire, CW2 6HP, United Kingdom

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