190mm

275mm

20mm

25mm

CUT & RESEAL

gh NUTRITION

MAPLE & VANILLA GRANOLA

WITH COCONUT & DRIED CRANBERRIES

LOCALLY MADE IN SMALL BATCHES BY A DIETITIAN / NUTRITIONIST · GH NUTRITION

HIGH FIBRE • SOURCE OF PROTEIN • VEGAN FRIENDLY

630g NET

50mm

10mm

10mm

190mm

275mm

20mm

25mm

WE SLOWLY BAKE OATS, ALMONDS & A MIX OF SUNFLOWER & PEPITA SEEDS WITH MAPLE SYRUP, VANILLA & A SPLASH OF COCONUT OIL BEFORE TOSSING THEM WITH COCONUT & DRIED CRANBERRIES FOR A LITTLE EXTRA SWEETNESS.

FOR THE MOST DELICIOUS BOWL, TOP GRANOLA WITH SEASONAL FRUIT, QUALITY NATURAL YOGHURT & MILK OR SPRINKLE OVER YOGHURT FOR A SMALLER PORTION.

JOIN US IN THE KITCHEN & VIEW MORE DELICIOUS RECIPES:

WWW.GHNUTRITION.COM.AU

@GOODHEALTHNUTRITION @GHNUTRITION

THE GOODNESS YOU'RE RECEIVING

SERVINGS PER PACKAGE: 14
SERVING SIZE: 45g
630g NET

	AVERAGE QUANTITY PER SERVING	AVERAGE QUANTITY PER 100G
ENERGY	749kJ (179Cal)	1660kJ (397Cal)
PROTEIN	3.4g	7.6g
FAT, TOTAL	11.1g	24.6g
- SATURATED	4.8g	10.7g
CARBOHYDRATE	15.4g	34.3g
- SUGARS	9.4g	20.8g
DIETARY FIBRE	2g	4.5g
SODIUM	3mg	6mg

THE GOODNESS YOU'RE EATING

ROLLED OATS (31%), MAPLE SYRUP (16%), DESICCATED COCONUT (12%), DRIED CRANBERRIES (12%), COCONUT OIL (11%), ALMONDS (6%), PEPITAS (5%), SUNFLOWER SEEDS (5%), VANILLA EXTRACT (3%).

MADE WITH ♥ IN CANBERRA, AUSTRALIA

STORE IN A COOL, DRY PLACE AND OUT OF DIRECT SUNLIGHT

9 369998 067367

ONCE OPENED, KEEP BAG TIGHTLY SEALED AND CONSUME WITHIN BEST BEFORE DATE:

Made in Australia from at least 45% Australian ingredients

GH NUTRITION
30 BOUGAINVILLE STREET,
GRIFFITH ACT 2603

50mm

10mm

10mm