

SUPER QUICK BREAKFASTS

Cereals	Portion	Nutrition Information
EAT NATURAL Gluten Free Toasted Muesli with Buckwheat	Per 50 g serving (221 calories) with 150 ml semi-skimmed milk (73 calories)	Calories 294 Protein 10.3g Carb 31.5 g Fat 12.6 g
RUDE HEALTH The Ultimate Muesli	Per 70 g serving (228 calories) with 150 ml semi-skimmed milk (73 calories)	Calories 301 Protein 12.7 g Carb 42.9 g Fat 8.8 g
FOOD DOCTOR Fig & Cranberry Granola	Per 50 g serving (233 calories) with 150 ml semi-skimmed milk (73 calories)	Calories 306 Protein 12.0 g Carb 30.9 g Fat 13.9 g