

CEREALS

Our cereals are a recommended first food for babies given they are iron enriched. Vegetable and fruit purees can be incroparted with these cereals.

- ✓ Made in Australia
- ✓ Certified Organic by NASAA & ACO
- ✓ Always available



4+ MONTHS

ORGANIC BABY RICE WITH PREBIOTIC (GOS)

- Smooth texture
- Source of Iron
- Source of Vitamin C
- ✓ Contains Prebiotic GOS
- ✓ No added sucrose or salt
- ✓ No added artificial colours. flavours or preservaties

INGREDIENTS

Organic rice flour (95%), Organic GOS* (from milk) (3%), Organic vegetable oil, Mineral iron, Vitamin C, Rosemary extract.

NUTRITION INFORMATION		
Servings per package: Approx. 8 Serving size: 134 g (Prepared as 14 g of dry cereal and 120 mL of water)	Average quantity of prepared cereal	
	Per serving	Per 100 g
Energy Protein Fat, total Carbohydrate - sugars Probiotic: GOS* Sodium Iron Vitamin C	235 kJ 1.0 g 0.5 g 11.5 g 0.1 g 0.1 g 1 mg 2.9 mg 3.0 mg	175 kJ 0.8 g 0.4 g 8.6 g 0.1 g 0.1 g 1 mg 2.2 mg 2.2 mg

^{*}Galacto-oligosaccharides.



5+ MONTHS

ORGANIC PUMPKIN BABY RICE WITH PREBIOTIC

- ✓ Smooth texture
- Source of Iron
- ✓ Source of Vitamin C ✓ Contains Prebiotic GOS
- No added sucrose or salt
- ✓ No added artificial colours, flavours or preservaties

INGREDIENTS

Organic rice flour (79%), Organic pumpkin (17%), Organic GOS* (from milk) (3%), Organic vegetable oil, Mineral iron, Vitamin C, Rosemary

NUTRITION INFORMATION

Servings per package: Approx. 8 Serving size: 114 g (Prepared as 14 g of dry cereal and 100 mL of water)	Average quantity of prepared cereal	
	Per serving	Per 100 g
Energy Protein Fat, total Carbohydrate - sugars Probiotic: GOS* Sodium Iron Vitamin C	229 kJ 0.9 g 0.4 g 11.4 g 0.4 g 0.2 g 1 mg 2.9 mg 3.0 mg	201 kJ 0.8 g 0.3 g 10.0 g 0.4 g 0.2 g 1 mg 2.6 mg 2.6 mg

^{*}Galacto-oligosaccharides.



5+ MONTHS

ORGANIC BABY PORRIDGE

- ✓ Smooth texture
- Source of Iron
- Source of Vitamin C
- No added sucrose or salt ✓ No added artificial colours
- flavours or preservaties

INGREDIENTS

Organic oat flour (53%), Organic rice flour, Organic pear puree, Mineral iron, Vitamin C, Rosemary extract.

NUTRITION INFORMATION

Servings per package: Approx. 8 Serving size: 94 g (prepared as 14 g of dry cereal and 80 mL of water)	Average quantity of prepared cereal	
	Per serving	Per 100 g
Energy	226 kJ	240 kJ
Protein	1.2 g	1.3 g
Fat, total	0.7 g	0.8 g
Carbohydrate	10.1 g	10.8 g
- sugars	1.0 g	1.0 g
Sodium	2 mg	2 mg
Iron	2.9 mg	3.1 mg
Vitamin C	3.0 mg	3.2 mg

All sugars present are naturally occurring in our ingredients.



6+ MONTHS

ORGANIC APPLE & CINNAMON BABY PORRIDGE

- ✓ Smooth texture
- ✓ Source of Iron ✓ Source of Vitamin C
- No added sugar or salt
- ✓ No added artificial colours flavours or preservaties

INGREDIENTS

Organic oat flour (95%), Organic rice flour, Organic apple puree (12%), Organic cinnamon, Mineral iron, Vitamin C, Rosemary extract.

NUTRITION INCORMATION

NOTATION IN ORDATION		
Servings per package: Approx. 8 Serving size: 114 g (prepared as 14 g of dry cereal and 100 mL of water)	Average quantity of prepared cereal	
	Per serving	Per 100 g
Energy Protein Fat, total Carbohydrate - sugars Sodium Iron Vitamin C	226 kJ 1.1 g 0.7 g 10.4 g 1.2 g 2 mg 2.9 mg 3.0 mg	198 kJ 1.0 g 0.6 g 9.1 g 1.0 g 2 mg 2.6 mg 2.6 mg

ORGANIC MILK & VANILLA BABY RICE



- Source of Iron
- ✓ Source of Vitamin C ✓ Source of calcium
- ✓ No added sugar or salt
- ✓ No added artificial colours, flavours or preservaties

INGREDIENTS

Organic rice flour (42%), Organic skim milk powder (26%), Organic full cream milk powder (14%), Organic apple puree, Organic maize starch, Organic oat flour, Natural vanilla, Mineral iron, Vitamin C.

NUTRITION INFORMATION

THE		
Servings per package: Approx. 10 Serving size: 72 g (Prepared as 12 g of dry cereal and 60 mL of water)	Average quantity of prepared cereal	
	Per serving	Per 100 g
Energy Protein Fat, total Carbohydrate - sugars Sodium Iron Calcium Vitamin C	193 kJ 1.9 g 0.6 g 8.0 g 3.3 g 20 mg 2.5 mg 56 mg 3.0 mg	269 kJ 2.7 g 0.8 g 11.2 g 4.5 g 28 mg 3.5 mg 78 mg 4.2 mg





PUREES

Our purees with brown rice are a nourishing and delicious combination of highest quality fruit ingredients and wholegrains.

- ✓ Made in Australia
- ✓ Certified Organic by NASAA & ACO
- ✓ Always available



4+ MONTHS

ORGANIC APPLE & FIG OATMEAL

- Smooth texture
- No added sugar or salt
- No added artificial colours, flavours or preservatives

INGREDIENTS

Organic apple puree (64%), Organic fig puree (16%), Organic oatmeal (14%), Organic brown rice (5%), Acidity regulators (citric acid, ascorbic acid), Organic cinnamon.

NUTRITION INFORMATION

Servings per package: 2 Serving size: 60 g	Average quantity	
	Per serving	Per 100 g
Energy Protein Fat, total Carbohydrate - sugars Sodium		289 kJ LESS THAN I g LESS THAN I g 14.2 g 10.5 g 6.0 mg

All sugars present are naturally occurring.



4+ MONTHS

ORGANIC BANANA & APPLE PORRIDGE

- Smooth texture
- No added sugar or salt
- No added artificial colours, flavours or preservatives

INGREDIENTS

Organic apple puree (50%), Organic banana puree (17%), Water, Organic brown rice (8%), Organic oats (8%), Organic cinnamon, Acidity regulators (citric acid, ascorbic acid).

NUTRITION INFORMATION

Servings per package: 2 Serving size: 60 g	Average quantity	
	Per serving	Per 100 g
Energy Protein Fat, total Carbohydrate - sugars Sodium	153 kJ LESS THAN I g 0.6 g 7.4 g 5.5 g 3.7 mg	255 kJ LESS THAN I g 1.0 g 12.3 g 9.1 g 6.1 mg

All sugars present are naturally occurring.



4+ MONTHS

ORGANIC BANANA, PEAR, APPLE & MANGO

- Smooth texture
- No added sugar or salt
- No added artificial colours, flavours or preservatives

INGREDIENTS

Water, Organic banana puree (18%), Organic brown rice (17%), Organic pear puree (16%), Organic apple puree (8.5%), Organic mango puree (5.5%), Acidity regulators (citric acid, ascorbic acid*.

NUTRITION INFORMATION

Servings per package: 2	Average quantity	
Serving size: 60 g	Per serving	Per 100 g
Energy Protein Fat, total Carbohydrate - sugars Sodium	153 kJ LESS THAN I g 0.7 g 7.5 g 4.6 g 3.5 mg	255 kJ LESS THAN I g I.2 g I2.5 g 7.6 g 5.8 mg

All sugars present are naturally occurring.



4+ MONTHS

ORGANIC BERRIES, CINNAMON & APPLE

- Smooth texture
- No added sugar or salt
- No added artificial colours, flavours or preservatives

INGREDIENTS

Organic apple puree (60%), Organic brown rice (25%), Water, Organic strawberry puree (5%), Organic blueberries (4%), Organic cinnamon, Acidity regulators (citric acid, ascorbic acid).

NUTRITION INFORMATION

Servings per package: 2 Serving size: 60 g	Average	Average quantity	
	Per serving	Per 100 g	
Energy Protein Fat, total Carbohydrate - sugars Sodium	I56 kJ LESS THAN I g LESS THAN I g 9.1 g 4.9 g 4.6 mg	260 kJ LESS THAN I g LESS THAN I g 15.1 g 8.1 g 7.6 mg	

All sugars present are naturally occurring.



Smooth texture

No added sugar or salt

No added artificial colours, flavours or preservatives

ORGANIC APPLE, MANGO & BLUEBERRY INGREDIENTS

Organic apple puree (35%), Water, Organic brown rice (24%), Organic mango puree (11%), Organic blueberries (6%), Acidity regulators (citric acid, ascorbic acid)

NUTRITION INFORMATION

Servings per package: 2 Serving size: 60 g	Average quantity
	Per serving Per 100 g
Energy	151 kJ 252 kJ
Protein	LESS THAN I g LESS THAN I s
Fat, total	LESS THAN I g LESS THAN I
Carbohydrate	7.6 g 12.7 g
- sugars	3.8 g 6.3 g
Sodium	4.2 mg 7.0 mg

All sugars present are naturally occurring.



CUSTARDS

Our organic custard recipes are made with the goodness of organic fresh milk. With the addition of flaxseed and chia seeds, they are a delicious and nourishing snack.

- ✓ Made in Australia
- ✓ Certified Organic by NASAA & ACO
- ✓ Always available



6+ MONTHS

ORGANIC BANANA CUSTARD WITH FLAXSEED

- ✓ Smooth creamy texture
- ✓ Goodness of 1/3 cup organic full cream milk
- ✓ No added sugar or salt
- ✓ No added artificial colours, flavours or preservatives

INGREDIENTS

Organic milk (71%), Water, Organic banana (5%), Organic corn starch, Organic fresh cream (2.5%), Organic sultana, Organic pear juice, Organic ground flaxseed (0.5%).

NUTRITION INFORMATION

Servings per package: 2 Serving size: 60 g	Average quantity	
	Per serving	Per 100 g
Energy Protein Fat, total Carbohydrate - sugars Sodium	215 kJ 1.4 g 2.5 g 5.8 g 3.4 g 20 mg	358 kJ 2.3 g 4.1 g 9.7 g 5.7 g 33 mg

All sugars present are naturally occurring.



8+ MONTHS

ORGANIC VANILLA & PEAR CUSTARD WITH CHIA SEEDS

- ✓ Smooth creamy texture
- ✓ Goodness of 1/3 cup organic full cream milk
- ✓ Source of calcium
- ✓ No added sugar or salt
- ✓ No added artificial colours, flavours or preservatives

INGREDIENTS

Organic milk (71%), Water, Organic pear (5%), Organic cornstarch, Organic fresh cream (2.5%), Organic pear juice (2.5%), Organic sultana, Organic black chia seeds (0.2%), Vanilla extract.

NUTRITION INFORMATION

Servings per package: 2 Serving size: 60 g	Average quantity	
	Per serving	Per 100 g
Energy Protein Fat, total Carbohydrate - sugars Sodium	202 kJ 1.3 g 2.3 g 5.6 g 3.3 g 20 mg	336 kJ 2.2 g 3.8 g 9.3 g 5.5 g 33 mg

All sugars present are naturally occurring.

RUSKS

Our organic milk rusks are slowly hard baked making them ideal to soothe sore gums. Recommended by dentists during teething.

- ✓ Made in Australia
- ✓ Certified Organic by NASAA & ACO
- ✓ Always available



6+ MONTHS

ORGANIC MILK RUSKS

- ✓ Helps to soothe sore gums
- ✓ Easy-to-grasp for little hands
- ✓ Contains iron✓ No added sugar
- & unsweetened
- No added fruit powders, concentrates or juices
- No added artificial colours, flavours or preservatives
- ✓ Great taste & keeps them busy!

INGREDIENTS

Organic wheat flour, Organic skim milk powder (1.5%), Wheatgerm, Yeast, Salt, Mineral iron.

Servings per package: 12 Serving size: Approx 8 g (1 Rusk)	Average quantity	
	Per serving	Per 100 g
Energy	123 kJ	1540 kJ
Protein	1.2 g	15.4 g
Fat, total	0.1 g	1.9 g
Carbohydrate	5.5 g	69.3 g
- sugars (natural)	0.3 g	3.8 g
Dietary Fibre	0.3 g	4.1 g
Sodium	28 mg	346 mg
Iron	I.6 mg	20.5 mg

All sugars present are naturally occurring.



PASTAS

Our organic pastas are a great next step in introducing new textures and fun shapes to your baby as well as help to prompt chewing. A versatile product to have in the pantry, simply add grated cheese, pasta sauce or add to soup.

- ✓ Made in Australia
- ✓ Certified Organic by NASAA & ACO
- ✓ Always available



7+ MONTHS

ORGANIC BROWN RICE PASTA STARS

- ✓ Good source of iron
- ✓ Gluten free
- ✓ No added sugar or salt
- ✓ No added colours, flavours or preservatives

INGREDIENTS

Organic brown rice (99%), Mineral iron.

Servings per package: 8	Average	Average quantity	
Serving size: 25 g (uncooked)	Per serving	Per 100 g	
Energy	395 kJ	1580 kJ	
Protein	2.0 g	8.1 g	
Fat, total	0.8 g	3.1 g	
Carbohydrate	19.1 g	76.4 g	
- sugars (natural)	0.2 g	0.7 g	
Sodium `	0.6 g	2.3 g	
Iron	5.3 mg	21.0 mg	
Gluten	Nil detected	Nil detected	

NUTRITION INFORMATION



8+ MONTHS

ORGANIC SPELT MACARONI

- ✓ Good source of iron
- ✓ No added sugar or salt
- ✓ No added colours, flavours or preservatives

INGREDIENTS

Organic spelt (99%), Mineral

NUTRITION INFORMATION

Servings per package: 7 Serving size: 30 g (uncooked)	Average quantity	
	Per serving	Per 100 g
Energy	468 kJ	1560 kJ
Protein	4.2 g	13.9 g
Fat, total	0.6 g	2.0 g
Carbohydrate	21.2 g	70.6 g
- sugars (natural)	0.8 g	2.7 g
Sodium	0.7 mg	2.3 mg
Iron	6.3 mg	21.0 mg



8+ MONTHS

ORGANIC VEGGIE PASTA ALPHABETS

- ✓ Good source of iron
- ✓ No added sugar or salt
- ✓ No added colours, flavours or preservatives

INGREDIENTS

Organic wheat semolina (98%), Tomato (1.2%), Spinach (0.6%), Beetroot (0.6%), Mineral iron.

NUTRITION INFORMATION

Servings per package: 7 Serving size: 30 g (uncooked)	Average quantity	
	Per serving	Per 100 g
Energy	465 kJ	1550 kJ
Protein	3.4 g	11.2 g
Fat, total	0.6 g	1.9 g
Carbohydrate	22.3 g	74.2 g
- sugars (natural)	0.9 g	3.0 g
Sodium	2.5 mg	8.2 mg
Iron	6.3 mg	21.0 mg



12+ MONTHS

ORGANIC VEGGIE MACARONI

- ✓ Good source of iron
- ✓ No added sugar or salt
- ✓ No added colours, flavours or preservatives

INGREDIENTS

Organic wheat semolina (98%), Tomato (1.2%), Spinach (0.6%), Beetroot (0.6%).

NUTRITION INFORMATION

Servings per package: 3	Average	Average quantity	
Serving size: 50 g	Per serving	Per 100 g	
Energy	779 kJ	1560 kJ	
Protein	5.6 g	11.3 g	
Fat, total	0.9 g	1.8 g	
- saturated	0.2 g	0.3 g	
Carbohydrate	37.2 g	74.4 g	
- sugars (natural)	1.5 g	3.1 g	
Dietary Fibre	2.1 g	4.2 g	
Sodium	3.9 mg	7.7 mg	
Potassium	IIO mg	220 mg	



SAVOURY VEGETABLE MEALS

Our Savoury Meals are are loaded with vegetables and are a convenient and nutritious option for lunch or dinner at home or on the go.

- ✓ Made in Australia
- ✓ Certified Organic by NASAA & ACO
- ✓ Always available



8+ MONTHS

ORGANIC PUMPKIN, CARROT, **BROCCOLI & GRASS-FED BEEF** WITH QUINOA AND TOMATO

- ✓ 5 Serves of vegetables
- ✓ 6 vitamins & minerals
- ✓ Source of omega-3
- Chunky textures
- ✓ No added sugar & unsweetened

INGREDIENTS

Organic vegetables [reconstituted tomato puree (35%), pumpkin (12%), carrot (9%), onion (5%), broccoli (4%), mushroom (3%)], Water, Organic quinoa (5%), Organic beef (4.8%), Organic olive oil (2%), Corn flour, Organic rice flour, DHA Omega-3 (algal oil powder) (milk), Acidity regulator (citric acid).

Servings per package: I Average quantity Serving size: 170 g Per serving Per 100 g

NUTRITION INFORMATION

501 Ting 5120. 17 0 8	r er serving	Tel 100 g
Energy	495 kl	291 kJ
Protein	4.1 g	2.4 g
Fat, total	4.6 g	2.7 g
- Omega-3	50 mg	30 mg
- α-Linolenic acid (ALA)	15 mg	9 mg
- Docosahexaenoic acid (DHA)	30 mg	18 mg
- Eicosapentaenoic acid (EPA)	5 mg	3 mg
Carbohydrate	13.8 g	8.1 g
- Sugars	4.8 g	2.8 g
Sodium	29 mg	I7 mg
Biotin	0.73 µg	0.43 µg
Copper	0.08 mg	0.05 mg
Vitamin K	4.82 µg	2.84 µg
Vitamin E	0.53 mg (13% RDI")	0.31 mg
Magnesium	9.17 mg (15% RDI")	5.39 mg
Zinc	0.55 mg (12% RDI")	0.32 mg

*Docosahexaenoic acid (DHA) **Recommended Daily Intake for infants

NET 170 x 10+

10+ MONTHS

ORGANIC MIXED VEGETABLE & BEEF BOLOGNESE WITH **GRASS-FED BEEF**

- √ 7 Serves of vegetables
- ✓ 6 vitamins & minerals
- ✓ Source of omega-3
- ✓ Chunky textures
- ✓ No added sugar & unsweetened

INGREDIENTS

Organic vegetables [reconstituted tomato puree (49%), pumpkin (12%), carrot (12%), zucchini (5%), onion (4%)], Organic pasta (5%) (wheaten semolina) (gluten), Organic beef (4.8%), Organic olive oil (2%), Organic tomato paste, Corn flour, Organic rice flour, DHA* Omega-3 (algal oil powder) (milk), Natural flavour, Organic parsley, Acidity regulator (citric acid).

NUTRITION INFORMATION

Servings per package: I	Average quantity		
Serving size: 170 g	Per serving	Per 100 g	
Energy Protein Fat, total - Omega-3 - G-Linolenic acid (ALA) - Docosahexaenoic acid (EPA) - Eicosapentaenoic acid (EPA) Carbohydrate - Sugars Sodium Biotin Copper Vitamin K Vitamin E Iron Magnesium Zinc	534 kJ 5.6 g 4.9 g 50 mg 15 mg 30 mg 5 mg 15.5 g 6.1 g 85 mg 1.22 µg 0.08 mg 2.54 µg 0.82 mg (20% RDI") 0.91 mg (10% RDI") 13.39 mg (22% RDI") 0.55 mg (12% RDI")	314 kJ 3.3 g 2.9 g 30 mg 9 mg 19 mg 3 mg 9.1 g 3.6 g 50 mg 0.72 µg 0.05 mg 0.48 mg 0.54 mg 7.88 mg	

*Docosahexaenoic acid (DHA) **Recommended Daily Intake for infants

ORGANIC CREAMY VEGETABLE **MACARONI & CHEESE** ✓ 4 Serves of vegetables



10+ MONTHS

- ✓ 5 vitamins & minerals ✓ Chunky textures
- ✓ No added sugar & unsweetened

INGREDIENTS

Organic vegetables (reconstituted tomato puree (25%), pumpkin (21%), carrot (12%), sweet potato (6%), onion (5%), potato (4%), kale (1%)), water, organic cream (6%) (milk), organic pasta (5%) (wheaten semolina) (wheat), organic rice flour, corn flour, parmesan cheese powder (2%) (milk), organic herbs (sage, parsley), algal oil powder (milk), natural flavour, acidity regulator (citric acid).

NUTRITION INFORMATION

Servings per package: 1 Serving size: 170 g	Average qu	Average quantity	
	Per serving	Per 100 g	
Energy Protein Fat, total Carbohydrate - Sugars Sodium Biotin Copper Manganese Vitamin K Vitamin F	660 kJ 4.1 g 5.3 g 21.9 g 6.1 g 114 mg 1.24 µg 0.08 mg 0.15 mg 3.49 µg 0.48 mg ((2% RDI")	388 kJ 2.4 g 3.1 g 12.9 g 3.6 g 67 mg 0.73 µg 0.05 mg 0.09 mg 2.05 µg 0.28 mg	

*Recommended Daily Intake for infants



SNACKS

Easy to hold or grasp for little hands, our organic fruit snacks are a convenient finger food option for busy parents with toddlers on the go.

- ✓ Made in Australia
- ✓ Certified Organic by NASAA & ACO
- ✓ Always available



12+ MONTHS

ORGANIC APPLE SNACKS

- √ 100% fruit
- ✓ Crunchy texture
- ✓ No added sugar or salt
- ✓ No sulphites
- ✓ No added artificial colours, flavours or preservatives

INGREDIENTS

Organic apples (100%).

Servings per package: 2 Serving size: 10 g	Average quantity	
	Per serving	Per 100 g
Energy	154 kJ	1540 kJ
Protein	LESS THAN I g	1.6 g
Fat, total	LESS THAN I g	LESS THAN I g
- saturated	LESS THAN I g	LESS THAN I g
Carbohydrate	8.1 g	81 g
- sugars	5.7 g	57 g
Dietary Fibre	1.4 g	14 g
Sodium	1.9 mg	19 mg

NUTRITION INFORMATION

All sugars present are naturally occurring in our ingredients.



12+ MONTHS

ORGANIC PEAR & APPLE SNACKS

- √ 100% fruit
- Crunchy texture
- ✓ No added sugar or salt
- ✓ No sulphites
- ✓ No added artificial colours, flavours or preservatives

INGREDIENTS

Organic pears (60%), Organic apples (40%).

Servings per package: 2 Serving size: 10 g Per 100 g Per serving Energy 151 kJ LESS THAN 1 g 1512 kJ

NUTRITION INFORMATION

I.3 g LESS THAN I g Protein Fat. total LESS THAN I g - saturated Carbohydrate LESS THAN I g 7.8 g 5.1 g 78 g 56 g - sugars Dietary Fibre Sodium 17 g 12 mg 1.7 g 1.2 mg

All sugars present are naturally occurring in our ingredients.

Our puffs naturally soften in the mouth to help babies practice chewing and exploration.

- ✓ Made in Australia
- ✓ Certified Organic by NASAA & ACO
- ✓ Always available



12+ MONTHS

ORGANIC BANANA & STRAWBERRY HEARTS

- ✓ No Added Sugar
- ✓ No Artificial Colours ✓ No Artifical Flavours
- ✓ Certified Organic

INGREDIENTS

Organic corn flour (78%), Organic sunflower oil, Organic banana powder (8%), Organic strawberry powder

NUTRITION INFORMATION

Servings per package: I	Average quantity		
Serving size: 15 g	Per serving	Per 100 g	
Energy Protein Fat, total - saturated Carbohydrate - sugars Dietary fibre Sodium	249 kJ 1.0 g 1.8 g 0.2 g 9.5 g 0.9 g 0.7 g 0.3 mg	1660 kJ 6.6 g 11.8 g 1.1 g 63.1 g 6.0 g 4.8 g 2.0 mg	



ORGANIC TOMATO WHEELS

- ✓ No Added Sugar
- ✓ No Artificial Colours ✓ No Artifical Flavours
- ✓ Certified Organic

INGREDIENTS

Organic corn flour (80%), Organic sunflower oil, Organic tomato powder (10%).

NUTRITION INFORMATION

Servings per package: I Serving size: 15 g	Average	Average quantity	
	Per serving	Per 100 g	
Energy	254 kJ	1690 kJ	
Protein	l.l g	7.0 g	
Fat, total	1.8 g	11.8 g	
- saturated	0.2 g	l.l g	
Carbohydrate	9.6 g	64.2 g	
- sugars	0.8 g	5.3 g	
Dietary fibre	0.7 g	4.8 g	
Sodium	2.1 mg	14.0 mg	



ORGANIC CARROT PUFFS

- ✓ No Added Sugar
- ✓ No Artificial Colours
- ✓ No Artifical Flavours ✓ Certified Organic

INGREDIENTS

Organic corn flour (79%), Organic sunflower oil, Organic carrot powder (8.5%), Organic rice flour, Organic sweetcorn powder.

NUTRITION INFORMATION

Servings per package: I Serving size: 15 g	Average quantity	
	Per serving	Per 100 g
nergy	258 kJ	1720 kJ
rotein	l.l g	6.9 g
at, total	1.8 g	11.8 g
saturated	0.2 g	l.l g
arbohydrate	9.9 g	65.9 g
sugars	0.4 g	2.9 g
ietary fibre	0.7 g	4.6 g
odium	2.0 mg	13.0 mg
odium	2.0 mg	