



Anytime is a good time. Morning, afternoon or night.

Different varieties for all ages, different flavours to suit different moods and occasions.

Get to know the  
nutritional benefits



Just add boiling water or you can also use hot or cold milk.  
When using cold milk, the consistency and flavour will vary.

**OAT FREE GLUTEN FREE** Not just the gluten intolerant  
A great treat for everyone

At last, a deliciously creamy flavour free from gluten!

Ingredients (Organic): Rice, Buckwheat, Millet, Almonds, Apricots, Sultanas, Raw sugar, Amaranth, Quinoa, Linseed, Sea salt, Cinnamon

Allergen Information: A delicious treat for those who are unable to tolerate wheat or gluten. Contains nuts. Sulphur and dairy free.

**PACKING:**

6x50g cartons  
L x 280mm W x 190mm H x 110mm  
Total weight 605g 240 cartons per pallet

8x50g cartons  
L x 370mm W x 95mm H x 190mm  
Total weight 685g 165 cartons per pallet



**NATURAL** Nature at it's best with natural flavour.

A blend of oats with the ancient grain Quinoa and a touch of Cinnamon for an enhanced flavour.

Ingredients (Organic): Oats, Raw sugar, Quinoa, Sea salt, Cinnamon

Allergen information: May contain traces of nuts. Sulphur and dairy free.

**VITALITY** Instant boost anytime to make you last the day  
A delicious energy boost for those on the go!

Ingredients (Organic): Oats, Almonds, Sultanas, Sunflower, Chia, Raw Sugar, Amaranth, Sea salt, Cinnamon

Allergen Information: Contains nuts. Sulphur and dairy free.

**TEMPTATION** You just cannot resist the twist on flavours  
A creamy rich taste of luxury.

Ingredients (Organic): Oats, Sultanas, Raw sugar, Cocoa, Sea salt

Allergen Information: May contain traces of nuts. Sulphur and dairy free

**INDULGENCE** Relax and spoil your taste buds with this true velvety experience

A rich coconut flavour with dried fruit and nuts.

Ingredients (Organic): Oats, Apricots, Peaches, Cashews, Raw sugar, Coconut, Sea salt

Allergen Information: Contains nuts. Sulphur and dairy free.