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AS SEB Bank, SWIFT: UNLALV2X

ORDER CONFIRMATION

Not Rated Yet



Sales price 9,95 €

Salesprice with discount

Incl. VAT 21%: 1,73 €



Description

REAL Field Meal Porridge with Apple and Cinnamon – 196g, 699 kcal

REAL Field Meal Porridge with Apple and Cinnamon is a delicious and fiber-rich classic that's perfect for fueling your body during outdoor adventures or busy days. Made with wholesome oats, lactose-free powdered milk, apple chunks, and a hint of cinnamon, this hearty meal offers a warm and comforting taste. With a long shelf life and lightweight packaging, it's the ideal meal for hiking, camping, or emergency preparedness.

Key Features:

- **Fibre-Rich:** Packed with 63% oats, this porridge offers a high fiber content to keep you feeling full and energized.
- **Delicious Apple & Cinnamon Flavor:** Contains 7% apple chunks and a hint of cinnamon (1.8%) for a sweet and comforting taste.
- **High in Energy:** With 699 kcal per portion, this porridge provides the necessary energy for outdoor activities or long days.
- **Lactose-Free & Vegetarian-Friendly:** Made with lactose-free powdered milk, it's perfect for those with lactose sensitivities while still delivering a creamy and nutritious meal. Suitable for vegetarians.



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- **Long Shelf Life:** With a shelf life of 7 years, this meal is ideal for long-term storage or as part of your emergency food supply.

Ingredients:

- 63% oats
- 25% lactose-free powdered milk (skimmed milk powder, sugar, 1.8% cinnamon)
- 7% apple chunks (apple, preservative (E220))
- Soy protein
- **Allergens:** Contains gluten, milk, soy.

Preparation Instructions:

1. Tear off the top of the bag at the indentation.
2. Add 3 dl of water up to the level marker inside the bag.
3. Stir well, close the bag using the ziplock, and let the dish rest for 3 minutes.
4. Enjoy your warm, delicious porridge!

Nutrition Information (Per Portion - 196g):

Nutrient	Per 100g	Per Portion (196g)	Per 100g Prepared
Energy (kJ)	1492.5 kJ	2925.3 kJ	585 kJ
Energy (kcal)	356 kcal	699 kcal	140 kcal
Fat (g)	4.7 g	9.2 g	1.8 g
Of which saturated fat (g)	0.95 g	1.86 g	0.4 g
Carbohydrates (g)	56 g	110 g	22.0 g
Of which sugars (g)	9.94 g	19.48 g	3.9 g
Dietary Fibre (g)	7 g	14 g	2.7 g
Protein (g)	19.5 g	38.2 g	7.6 g
Salt (g)	0.22 g	0.43 g	0.1 g

Additional Information:

- **Weight:** Net: 196g, Gross: 215g, Prepared: 500g
- **Shelf Life:** 7 years from manufacturing date. Once opened, consume within 2 hours after adding water.
- **Storage:** Store at room temperature in a cool, dry place.

REAL Field Meal Porridge with Apple and Cinnamon is a wholesome, fiber-rich meal that offers a warm and satisfying flavor while providing the necessary nutrients to keep you energized. Whether you're on a hike, camping, or need a quick meal at home, this porridge is the perfect choice.
Made in Norway.