

developed
by
dietitians



tree of life

muesli

- ✓ lower GI
- ✓ high fibre
- ✓ omega 3 & 6
- ✓ high in antioxidants
- ✓ oats lower cholesterol

Nutritional Analysis	Quantity per 40g serving	Quantity per 100g
Energy	156cal	390cal
Protein	5.0g	12.5g
Total Fat	5.8g	14.6g
Saturated Fat	1.3g	3.4g
Cholesterol	Nil	Nil
Carbohydrate	18.1g	45.2g
Sugars	4.7g	11.9g
Dietary Fibre	6.5g	16.3g
Sodium	18mg	46mg

Ingredients

Rollled Oats, Bran (wheatbran 84%, sugar, barley malt extract, salt, riboflavin, folate, thiamin, iron), Cluster (whole rolled spelt, raw cane sugar, unhydrogenated palm fat, rice, malted barley, whole spelt flour, coconut, corn syrup, sea salt), Cranberry Cluster (whole rolled oats, raw cane sugar, unhydrogenated palm fat, rice, malted barley, cranberry, sour cherry, raspbeberry-blueberry powder, wheat syrup, honey, sea salt), Almonds, Craisins, Currant, Pepitas, Sunflower Seeds, Flaxseed. No preservatives or additives.

Australian made and owned.

Muesli is a smart healthy breakfast option that often tastes bland. With this in mind, Dietitian Desi Carlos from Tree of Life Nutrition has developed a muesli that not only tastes great, but is good for you too.

Tree of Life's lower GI muesli is packed with nutritional value that will keep you feeling fuller longer.

"Once you've tried our muesli you will love it!"

Desi



1kg bag of muesli: \$19.50

Phone Tree of Life Nutrition on **3891 6199** to order.

www.treeoflifenutrition.com.au