

The information on the **Erudus System** has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

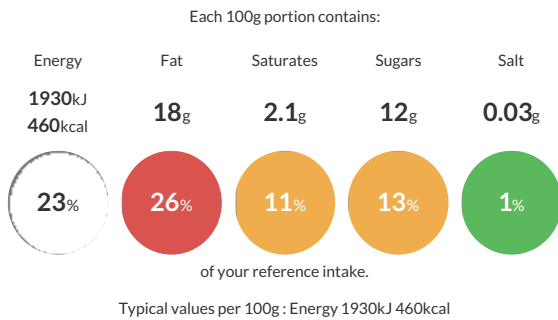
## Rude Health Crunchy Almond Granola

Short Product Name:

IT'S ALMOND CRUNCH TIME. Plant-based - High Fibre - Wholegrain - Vegan - Non GMO - Kosher GET LOUD. This granola is many things; quiet is not one of them. We cluster oats with just the right amount of raw cane sugar and sunflower oil to give it bite, add puffed wheat to give it a gentle crunch and add roasted Mediterranean almonds to tum that crunch up to eleven. Start your day loud and proud, and don't worry if the neighbours complain about the noise. RUDE HEALTH. We started mixing the Ultimate Muesli at our breakfast table in 2005. Today, it's a bigger table, but our approach to food and drink is the same. Brilliant ingredients. Nothing artificial. A life lived in rude health. Tuck In.

Traded Unit GTIN: **05060120285409** Internal GTIN: **5060120285393** Supplier: **Rude Health** Suppliers Product Code: **242**

### Reference Intake



### Nutritional Information

Typical Values	Per 100g
Energy	1930kJ 460kCal
Carbohydrates	61g
of which sugars	12g
Fat	18g
of which saturates	2.1g
Fibre	7.1g
Protein	10g
Salt	0.03g

### Allergy Information

Key: **Contains** **May Contain**

Contains Cereal/Gluten	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Contains Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain Sulphur Dioxide

#### Allergen Statement

Made in a facility which handles milk, soya and other nuts.

### Ingredients

OATS, Raw Cane Sugar, **BARLEY** flakes, Sunflower Oil, Roasted **ALMONDS**, **WHEAT** Flour, **RYE** Flour, Puffed **WHEAT**, Rice Flour

### Dietary Information

Key: **Suitable for**

Suitable for Vegetarian	Suitable for Vegan	Suitable for Kosher	May not be suitable for Halal	May not be suitable for Coeliac
-------------------------	--------------------	---------------------	-------------------------------	---------------------------------