

ON-THE-GO HEALTHY GRANOLA BITES



Image for illustrative purposes only. Not for sale.

- ☑ HIGH FIBER
- ☑ SUPPORT PREBIOTIC EFFECT
- ☑ CONVENIENT HEALTHY SNACK
- ☑ CRUNCHY BITES

• High fiber

OAT, SPELT AND RAISIN GRANOLA BITES

*Information based on EU regulations.
Subject to applicable local laws and regulations.

Key Ingredient Facts

NUTRIOSE® soluble fiber

Easily reach your nutritional goals thanks to the only sugars-free fiber with proven health benefits.

- Soluble dietary fiber from corn or wheat
- Clinically proven benefits for digestive health and blood glucose management
- Clinically proven prebiotic effect
- Outstanding digestive tolerance (up to 45g/day)
- Easy to use every day
- Sugars-free
- Calorie value: 2 kcal/g
- Ingredient status
- Non-GMO, kosher and halal and low fodmap certified



MONASH
UNIVERSITY
LOW FODMAP
CERTIFIED™

Key Benefits for Oat, Spelt and Raisin Granola Bites

NUTRIOSE® FM 06 soluble fiber

NUTRITIONAL

- High fiber content
- Clinically proven benefits for digestive health¹
- Prebiotic effect with two servings a day!¹

FUNCTIONAL

- High stability to heat treatment
- Easy to use: quick dispersion and dissolution

SENSORY

- Neutral taste profile

¹Thirion F et al. Diet Supplementation with NUTRIOSE, a Resistant Dextrin, Increases the Abundance of *Parabacteroides distasonis* in the Human Gut. Mol Nutr Food Res. 2022 Jun;66(1):e2101091. doi: 10.1002/mnfr.202101091. Epub 2022 Apr 4. PMID: 35312171

Lefranc-Millot C, Guerin-Deremaux L, Wils D, Neut C, Miller Le, Saniez De-grave MH, Impact of a resistant dextrin on intestinal ecology: How altering the digestive ecosystem with NUTRIOSE®, a soluble fiber with prebiotic properties, may be beneficial for health. The Journal of International Medical Research, 2012; 40(1): 211-224.

Detailed recipe: LCERCBA018

NUTRITION FACTS (indicative values)

Oat, spelt and raisin granola bites

Per 100g (serving size: 40g)

Energy	436kcal
Fat	24.5g
of which saturates	15.3g
Carbohydrate	38.3g
of which sugars	13.2g
Fiber	13.7g
Protein	7.6g
Salt	0.01g

Ingredients:

Oat flakes, coconut oil, almond , dried grape, **NUTRIOSE® FM 06 soluble corn fiber**, agave syrup, water, tonka bean.

Contains: cereals containing gluten and derivatives, nuts and derivatives.



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