

100% OATS CEREAL

crunch  
n<sup>u</sup>  
munch

NO PRESERVATIVES NO ADDED SUGAR  
**NO NONSENSE**



100% OAT'S CEREAL

# crunch munch



0g SUGAR | 3g NET CARBS | 8g PROTEIN



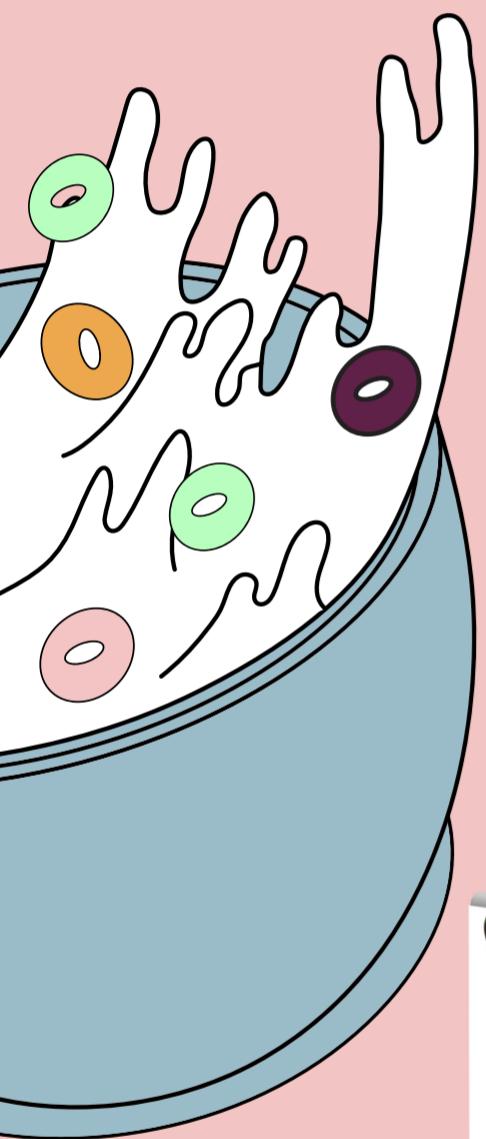
STRAWBERRY CREAM  
ONLY NATURAL FLAVOURS ADDED

NET WEIGHT  
10 OZ 198g



## CRUNCH & MUNCH

THIS IS A PERSONAL PASSION PROJECT , CRUNCH AND MUNCH PROVIDES HEALTHIER BREAKFAST OPTIONS HIGH IN FIBER LOW IN CARBS AND ARTIFICIAL SUGAR, THIS PACKAGING DESIGN WAS INSPIRED BY A PASTEL COLOUR COMBOS AND ALSO INSPIRED BY SOME DESIGNERS NAMED KLAUDIA DESIGNS AND HYBRID BEE.



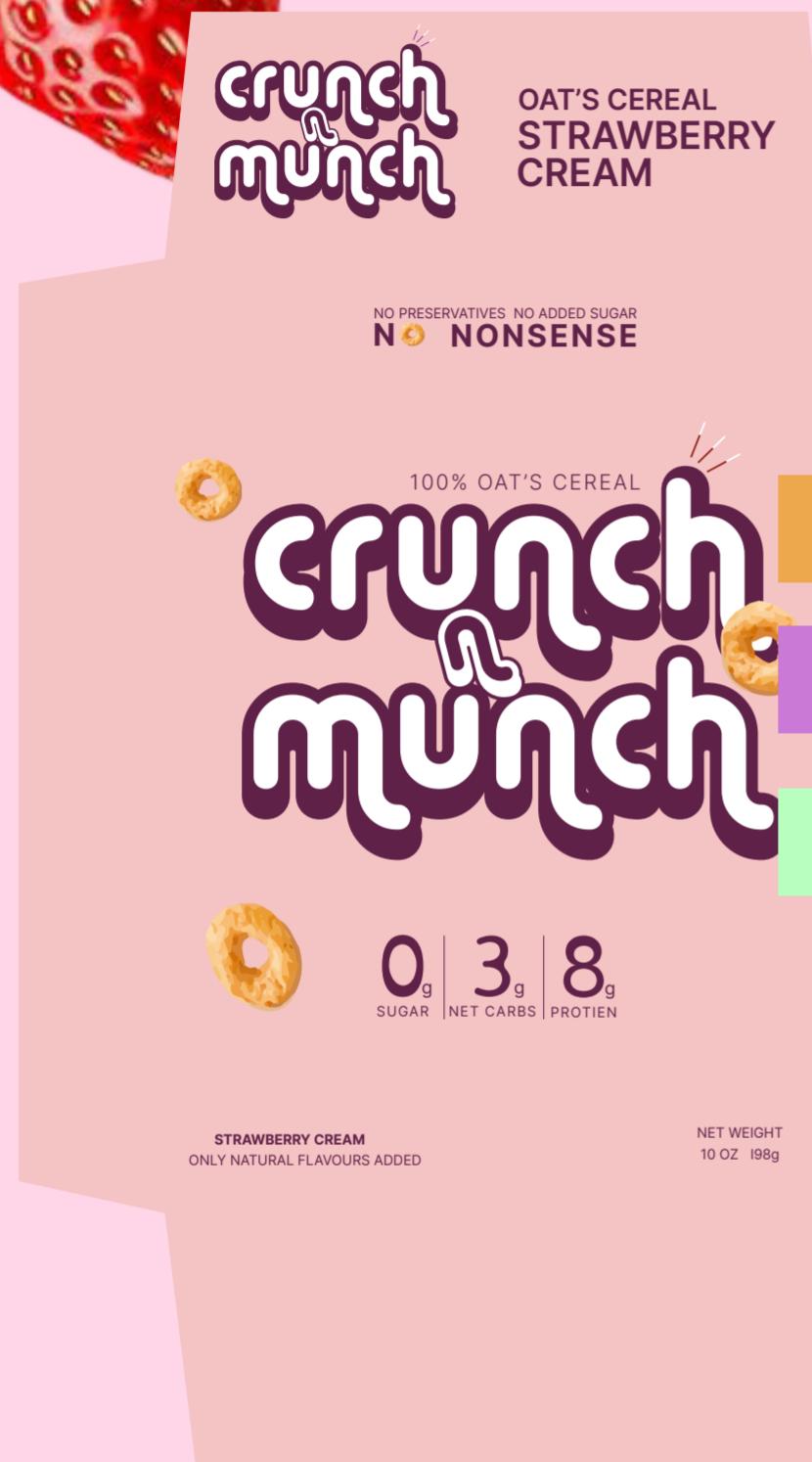
Try Out Our Other Flavours  
tropical punch, banana smoothie

SO HEALTHY THAT YOU DONT HAVE TO THINK  
TWICE MAKING IT YOUR 4 MEAL

Packed with essential vitamins and minerals with the goodness  
of oats.no artificial colours or flavours is added in this cereals which  
makes it a great breakfast choice to kick start you day in a healthy way natural  
fruit flavours added with satisfyingly crunch into your crunch and munch  
cereals.

100% OAT'S CEREAL  
**crunch & munch**

[www.crunchnadmunchcereals.com](http://www.crunchnadmunchcereals.com)



## STRAWBERRY CREAM FLAVOUR

# crunch munch

OAT'S CEREAL  
STRAWBERRY  
CREAM

NO PRESERVATIVES NO ADDED SUGAR  
NO NONSENSE

# 100% OAT'S CEREAL crunch munch



0g SUGAR | 3g NET CARBS | 8g PROTEIN

STRAWBERRY CREAM  
ONLY NATURAL FLAVOURS ADDED

NET WEIGHT  
10 OZ 283g

## BANANA SMOOTHIE

### SERVE IT AS:



MORNING BREAKFAST



HEALTHY SNACK



DESSERT TOPPING

Try Out Our Other Flavours  
tropical punch . banana smoothie



100% OATS  
CEREAL

Nutrition Facts	
Serving size	1 potato (148g/5.2oz)
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0g	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B <sub>6</sub> 0.2mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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### INGREDIENTS:

OAT FLOUR,COCONUT SUGAR,  
FREEZE-DRIED STRAWBERRIES,  
VANILLA EXTRACT,SEA SALT,  
STRAWBERRY PROTEIN POWDER.



640509 040147

## BANANA SMOOTHIE FLAVOUR

# crunch & munch

OAT'S CEREAL  
STRAWBERRY CREAM

NO PRESERVATIVES NO ADDED SUGAR  
NO NONSENSE

# 100% OAT'S CEREAL crunch & munch



0g SUGAR | 3g NET CARBS | 8g PROTEIN

STRAWBERRY CREAM  
ONLY NATURAL FLAVOURS ADDED

NET WEIGHT  
10 OZ 298g

## TROPICAL PUNCH

### SERVE IT AS:



MORNING BREAKFAST



HEALTHY SNACK



DESSERT TOPPING

Try Out Our Other Flavours  
tropical punch . banana smoothie



SO HEALTHY THAT YOU DONT HAVE TO THINK  
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THANK

YOU