

Nestlé

Per 30g (1 oz) Serving				
Energy	1000 kJ	240 kcal		
Fat	2.5g	5%		
Carbohydrate	61g	12%		
Protein	4g	8%		
Salt	0.15g	3%		

400ml (1 1/2 cups)
to 50g (1 3/4 oz) cereal

HARVEST HOME[®]

BRAN FLAKES



Simply delicious
crunchy flakes of wholegrain wheat
with added wheat bran
...happy days

16

SERVINGS