

FIT & FLEX GRANOLA



Fit & Flex granola is not just crunchy and tasty, it is also incredibly great for you. It is the perfect start to your every morning and packs quite a nutritious punch. Easy to chew, amazingly high on flavour and delightfully caramelised just right, is how we describe Fit & Flex granola.



HOW WE MAKE FIT & FLEX GRANOLA



Fit & Flex granola is slow-baked at high temperatures and not dried, unlike conventionally made granola. This ensures perfect clusters of great-tasting cereal that leaves no dust at the bottom of your granola bag.

Granola comprises of oats that are coated with oil and sugar, in both the baking and drying processes. In the drying process however, much of the starch from the oats remains raw since this process does not allow time for the granola to be cooked thoroughly.

Baking on the other hand, ensures the oats are completely cooked, are softer in texture and perfectly caramelised, to enhance flavours. The result, baked granola is more consistent in quality and taste than its dried alternative.

Baked in state-of-the-art European equipment, Fit & Flex granola tastes much better, looks appetising and has a wonderful texture, easily making it a winner in the minds of consumers.

KNOW OUR INGREDIENTS



Oats



Multigrain Crispies
(Wheat/Oat/Rice/Maize Flour)



Rice Puffs



Fructooligosaccharides
(FOS)



Pumpkin Seeds



FreezeD Dried Fruits



BENEFITS OF OUR GRANOLA



**Baked &
Crunchy**

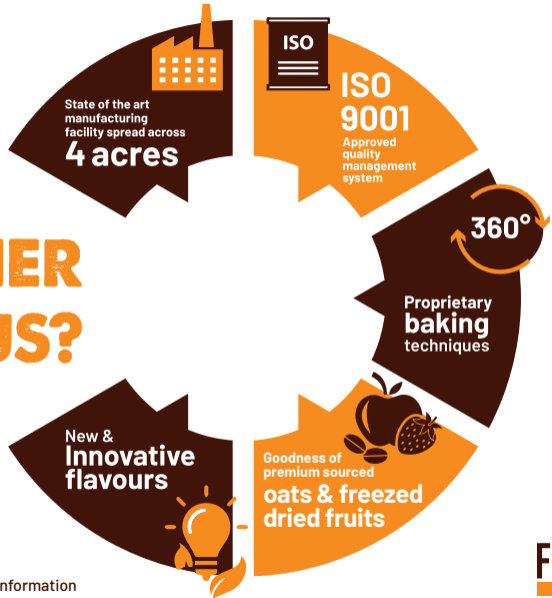
**Rich in
Dietary
Fibers**

**Prebiotic
Fibers to help
maintain
digestive health**

**Added sugar
Less than 4.5%**

**No Artificial
Flavouring**

WHY PARTNER WITH US?



OUR GRANOLA VARIANTS



HAPPY BERRIES

Refreshingly fruity and packed with the goodness of multigrain granola, Happy Berries is a truly happy start to your mornings!



Fit & Flex | Eat Healthy Live Well_Company Profile & Product Information

25g, 275g & 450g

OUR GRANOLA VARIANTS



MANGO COCONUT

A delightful, tropical melange of luscious mango, tender coconut and multigrain granola that keeps you going, all day long!



OUR GRANOLA VARIANTS



MIXED FRUIT

High on fibre, low on fat and deliciously crunchy, Mix Fruit is fruitaliciously wonderful and packs quite a super punch!



MORE FOR LATER



Look out for our future range of Fit & Flex products - cereals, bars, snacks and much more.

