

**SMOWL**  
Superfood mix

# SNACKING. REINVENTED.

INTRODUCING SMOWL: THE FIRST BALANCED AND 100% ORGANIC SNACK MADE WITH SUPERFOODS THAT YOU CAN TAKE ANYWHERE









- 🌿 Certified organic
- 🌿 Source of protein
- 🌿 Source of fibre
- 🌿 Wholegrain oats
- 🌿 100% natural, 0% artificial

- 🌿 Vegan
- 🌿 No refined sugars
- 🌿 Lactose-free
- 🌿 Gluten-free
- 🌿 GMO-free

## This is how you #GoSmowl

SMOWL has been designed for everyday explorers who are seeking a delicious, high energy and balanced snack that will follow them in their daily adventures.

- |   |  |
|---|--|
|  At the Office    |  At the gym       |
|  While travelling |  For the outdoors |
|  Energy boost     |  Morning snack    |

## Snacking without compromise

**SMOWL** is a delicious and balanced mix of superfoods that delivers a natural source of proteins and fibres with no refined sugar. Its convenient pouch format means you can take it with you everywhere.

## Meet our Superfoods

We have selected the best superfoods ingredients to make SMOWL truly unique: Coconut water, healthy fruits, Inca berries, crunchy seeds and wholegrain oats, quinoa and chia

## Did you know?

SMOWL naturally contains 50% less sugar than traditional cereal bars!



All our ingredients and processes are certified organic by Ecocert



Shelf-stable, no need to keep refrigerated

# MANGO PASSION

When a deliciously juicy mango meets the tanginess of passionfruit you are on for a delicious recipe that delivers true sweetness with a zing!

UNIT (115G)

PACK OF 6 UNITS



Nutrition - Typical values	100 g	115 g
Energy	437 kJ	502 kJ
	104 kcal	119 kcal
Fat	2,3 g	2,7 g
of which saturates	0,5 g	0,5 g
Carbohydrate	15,7 g	18,1 g
of which sugars	7,5 g	8,6 g
Fibre	3,5 g	4,0 g
Protein	3,2 g	3,7 g
Salt	0,02 g	0,02 g

Ingredients: Mango puree\* 34%, water, pure passionfruit juice\* 11%, wholegrain oats\* 6%, Coconut water\* 6%, cooked wholegrain rice\*, flaxseeds\*, maple syrup\*, chia seeds\* 2%, rice proteins\*, coconut milk\* 1%, concentrated lemon juice\*. \*Organic ingredients

Nutrition - Typical values	100 g	115 g
Energy	500 kJ	575 kJ
	119 kcal	137 kcal
Fat	2,8 g	3,3 g
of which saturates	1,1 g	1,2 g
Carbohydrate	17,9 g	20,6 g
of which sugars	7,9 g	9,1 g
Fibre	3,6 g	4,2 g
Protein	3,6 g	4,1 g
Salt	0,01 g	0,01 g

Ingredients: Fruit puree\* 32% (strawberry, blackcurrant, raspberry), water, maple syrup\*, wholegrain oats\* 6%, cooked quinoa\* 5%, coconut water\*, cooked wholegrain rice\*, coconut water\* 5%, Inca berries\*, flaxseeds\* 2%, rice protein\*. \*Organic ingredients



# MIXED BERRIES

Our most fruity recipe combines raspberries, strawberries, blackcurrant and the Inca berry for a wonderful berry blast.

UNIT (115G)

PACK OF 6 UNITS



# COCO LIME

The freshness of lime juice meets the sweetness of coconut to create a unique recipe that will delight and wake-up your taste buds!

UNIT (115G)

PACK OF 6 UNITS



Nutrition - Typical values	100 g	115 g
Energy	615 kJ	708 kJ
	146 kcal	168 kcal
Fat	4,2 g	4,8 g
of which saturates	2,3 g	2,6 g
Carbohydrate	21 g	24,2 g
of which sugars	8,0 g	9,2 g
Fibre	3,6 g	4,1 g
Protein	4,4 g	5,1 g
Salt	0,02 g	0,02 g

Ingredients: Coconut water\* 22%, pure passionfruit juice\* 11% and lime juice\* 6%, water, wholegrain oats\* 8%, coconut milk\* 7%, maple syrup\*, cooked quinoa\* 6%, wholegrain rice\*, Inca berries\*, flaxseed\* 2%, rice protein\*, natural coconut flavour, coconut\* 1%. \*Organic ingredients