



## REAL Turmat

beef stew, chili stew, squash with sweetcorn casserole, thai red curry, asian curry, couscous with lentils and spinach, beef and potato casserole, chili con carne, pulled pork, bacalao, taco bowl, kebab stew, chicken tikka masala, pasta bolognese, chicken curry, reindeer stew & creamy salmon with pasta

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

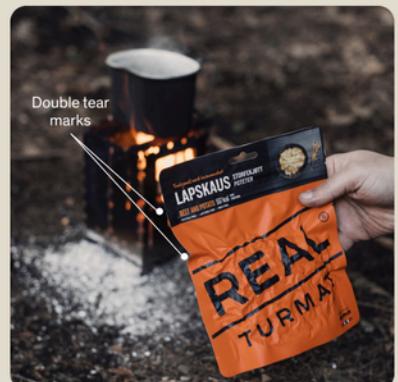
Tear off the top of the bag at the tear notch. Add hot water (3,1-3,8 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Attributes

- Easy Preparation: Just add hot water
- Lightweight and Portable: Only 140g
- Variety and Taste: From traditional to exotic flavors
- Suitable for Special Diets: Caters to dietary restrictions and preferences
- Long Shelf Life: Vacuum sealed and no moisture significantly increases shelf-life

### Tips

- The second tear mark makes it easier to eat from the pouch as a bowl.
- Bring a thermos if you can't light a fire.





## REAL Turmat

# Asian Curry

### Shelf Life

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### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.7 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

537 Kcal

gtin: 7036480060190

product number: 35236

category: stews, real turmat

gross weight: 132g

net weight: 115g

fully prepared: 480g

vegan

gluten free

lactose free

milk free

**Key Take Aways** • rice • pea protein (concentrate) • edamame (soy) • paprika • aubergine • celery

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REAL Turmat Asian Curry is warm and flavorful with aubergine and edamame. If you want to taste exciting vegetables, this dish is for you.





## REAL Turmat Bacalao

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.6 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

405 Kcal

gtin: 7036480052348

product number: 35234

category: stews, real turmat

gross weight: 102g

net weight: 85g

fully prepared: 440g

gluten free

lactose free

milk free

**Key Take Aways** • norwegian cod • potato • paprika • onion • olive oil • soy • garlic

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Share the REAL Turmat Bacalao with your group on any outdoor trip for an enjoyable and flavorful experience. It's a fantastic way to introduce a bit of Norwegian tradition to your adventure meals, perfect for anyone looking to add variety and taste to their outdoor dining experiences without complicated preparations.





## REAL Turmat Beef Stew

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.7 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

573 Kcal

gross weight: 145g

gtin: 7036480060206

net weight: 128g

product number: 6020

fully prepared: 500g

category: stews, real turmat

**lactose free**

**milk free**

**Key Take Aways** • norwegian ground beef • rice • paprika • onion • mushroom • celery • soy

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Our REAL Turmat Beef Stew stands out as one of the pioneer meals of all our assortment and was the beginning of our commitment to elevate outdoor dining experiences. Each ingredient is carefully selected, then simmered to perfection and freeze-dried in our pots, ensuring that every pouch is packed with the original flavors and nutrients.





## REAL Turmat Chicken Curry

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.7 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

627 Kcal

gross weight: 149g

gtin: 7036480052324

net weight: 132g

product number: 35232

fully prepared: 500g

category: stews, real turmat

lactose free

milk free

**Key Take Aways** • norwegian chicken • rice • onion • pineapple • paprika • mustard

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REAL Turmat Chicken Curry is a classic stew with rice and tasty curry sauce.





## REAL Turmat

# Chicken Tikka Masala

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.7 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

578 Kcal

gtin: 7036480052331

product number: 35233

category: stews, real turmat

gross weight: 150g

net weight: 133g

fully prepared: 500g

gluten free

**Key Take Aways** • norwegian chicken • rice • onion • lentils • sour cream • spinach • soy • garlic

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REAL Turmat Chicken Tikka Masala is an Indian-inspired stew with rice, ginger and coriander. Exotic and well-seasoned feast. A real winner among both young and old.





REAL Turmat

# Chili Con Carne

## Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

## Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.5 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

## Specifications

570 Kcal

gtin: 7036480052164

product number: 35216

category: stews, real turmat

gross weight: 150g

net weight: 133g

fully prepared: 480g

lactose free

milk free

gluten free

**Key Take Aways** • beans • norwegian ground beef • onion • garlic • chili • soy

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REAL Turmat Chili Con Carne is a spicy stew with Norwegian beef, rice and beans. Well seasoned and filling. For those who like a slightly stronger meal.





## REAL Turmat Chili Stew

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.3 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

567 Kcal

gtin: 7036480052294

product number: 35229

category: stews, real turmat

gross weight: 149g

net weight: 132g

fully prepared: 460g

vegetarian

**Key Take Aways** • beans • soy protein • onion • paprika • chili

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REAL Turmat Chili stew is well seasoned with lots of flavour. Very filling. A vegan alternative to our popular "Chili con Carne".





## REAL Turmat

# Cod in Creamy Curry Sauce

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.5 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

510 Kcal

gtin: 7036480052249

product number: 35224

category: stews, real turmat

gross weight: 113g

net weight: 96g

fully prepared: 450g

**Key Take Aways** • norwegian cod • potato • carrot • onion • sour cream

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REAL Turmat Cod in Creamy Curry Sauce is made from arctic cod with potato and carrot in a tasty curry sauce. Good spicy dish with good taste of Norwegian fish. Makes it easy and enjoyable to eat more fish.





## REAL Turmat

# Couscous with Lentils and Spinach

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.8 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

509 Kcal

gross weight: 138g

gtin: 7036480052256

net weight: 121g

product number: 35225

fully prepared: 500g

category: stews, real turmat

vegetarian

**Key Take Aways** • **couscous** • **soy protein** • **carrot** • **onion** • **sour cream** • **celery** • **cauliflower**

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REAL Turmat Couscous with lentils is a tasty vegetarian stew with soy meat and vegetables. Perfect for vegetarians, but equally good for everyone else. Plenty of spice.





## REAL Turmat

# Creamy Salmon with Pasta

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.7 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

601 Kcal

gtin: 7036480052201

product number: 35220

category: stews, real turmat

gross weight: 146g

net weight: 129g

fully prepared: 500g

**Key Take Aways** • norwegian salmon • pasta • onion • carrot • cream • peas • pepper

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REAL Turmat Creamy Salmon with Pasta is a mild and tasty stew with a creamy sauce. This meal may be reminiscent of Pasta Carbonara, but has a wider variety of flavors.





REAL Turmat

# Kebab Stew

## Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

## Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.6 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

## Specifications

597 Kcal

gtin: 7036480052225

product number: 35222

category: stews, real turmat

gross weight: 155g

net weight: 138g

fully prepared: 500g

gluten free

**Key Take Aways** • norwegian chicken • rice • onion • paprika • sour cream • leek • garlic

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REAL Turmat Kebab Stew is a spicy chicken with rice, and warm spicy aromas. Sensational taste for all kinds of outdoor life! A youth favourite, both at home and out.





REAL Turmat

# Pasta Bolognese

## Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

## Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.8 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

## Specifications

525 Kcal

gtin: 7036480052133

product number: 35213

category: stews, real turmat

gross weight: 139g

net weight: 122g

fully prepared: 500g

lactose free

milk free

**Key Take Aways** • pasta • norwegian ground beef • onion • garlic • carrot • celery • soy

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REAL Turmat Pasta Bolognese is an Italian classic with tomato sauce and beef. Children's favourite. Mild but rich in flavour. The fine chop makes it perfect for children.





## REAL Turmat

# Beef and Potato Casserole

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.8 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

557 Kcal

gtin: 7036480052126

product number: 35212

category: stews, real turmat

gross weight: 125g

net weight: 108g

fully prepared: 490g

lactose free

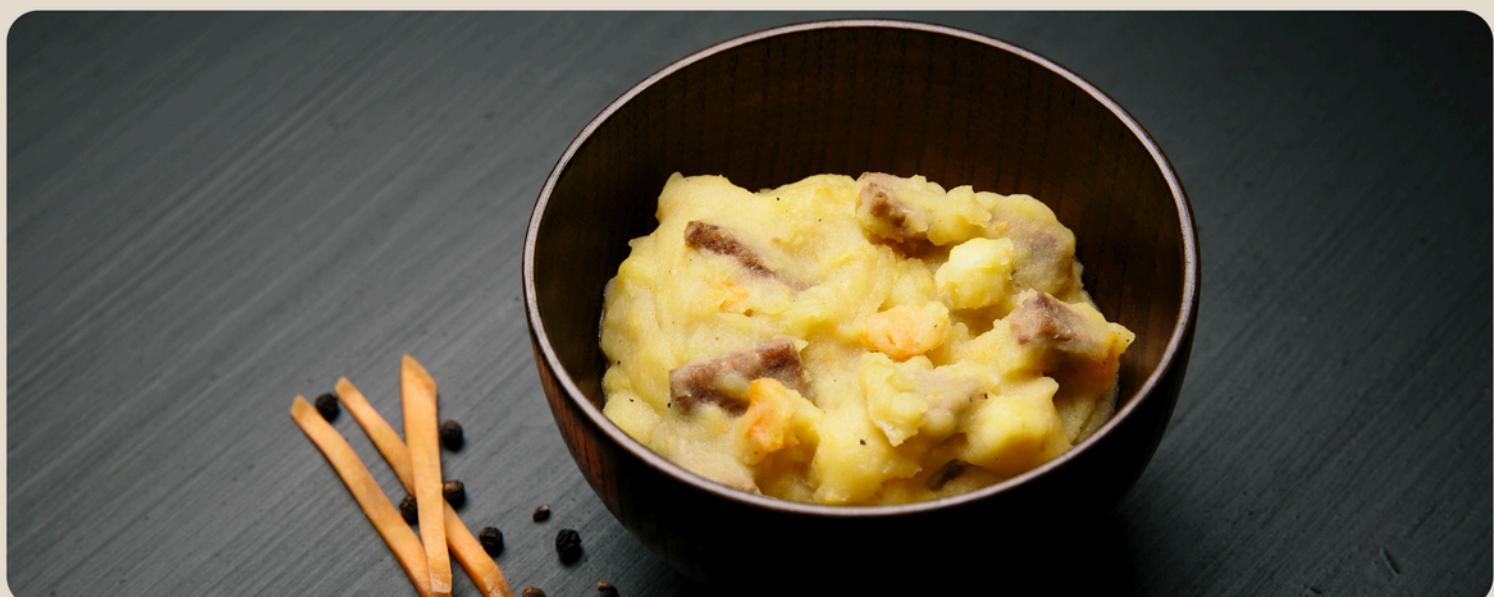
milk free

gluten free

**Key Take Aways** • norwegian potato • norwegian ground beef • onion • turnip • carrot

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REAL Turmat Beef and Potato Casserole is a light, freeze-dried, and vacuum-packed stew, crafted to bring traditional Norwegian "husmannskost" right to your campsite. Made with locally sourced Norwegian beef and potatoes, this meal offers the authentic flavor of a home-cooked dish, prepared with the convenience required by outdoor enthusiasts.





REAL Turmat

# Pulled Pork

## Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

## Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.8 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

## Specifications

547 Kcal

gtin: 7036480052171

product number: 35217

category: stews, real turmat

gross weight: 138g

net weight: 121g

fully prepared: 500g

lactose free

milk free

gluten free

**Key Take Aways** • norwegian pork • rice • onion • paprika • leeks • soy • garlic • tabasco

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REAL Turmat Pulled Pork Inspired by American cuisine. Casserole based on rice, made with slow-cooked tender pork pulled into pieces.





## REAL Turmat

# Reindeer Stew

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.5 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

578 Kcal

gtin: 7036480052188

product number: 35218

category: stews, real turmat

gross weight: 128g

net weight: 111g

fully prepared: 460g

### Key Take Aways • norwegian reindeer beef • potato • onion • cream • mushroom • cranberries

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REAL Turmat Reindeer stew consists of reindeer with potatoes, mushrooms and lingonberries. A hunter's favorite. Reindeer meat, mushrooms and berries all contribute to the unmistakable gamy taste.





## REAL Turmat

# Squash and Sweet Corn Casserole

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.4 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

510 Kcal

gross weight: 133g

gtin: 7036480052300

net weight: 116g

product number: 35230

fully prepared: 460g

category: stews, real turmat

vegetarian

vegan

gluten free

lactose free

milk free

**Key Take Aways** • rice • lentils • squash • coconut milk • paprika • chickpeas • onion • corn

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REAL Turmat Squash and corn casserole is a rich vegan dish with coconut milk and rice. Get more variety in your diet and take it with you on a trip or enjoy it in a hectic everyday life.





## REAL Turmat

# Taco Bowl

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.1 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

528 Kcal

gtin: n/a

product number: 6018

category: stews, real turmat

gross weight: 128g

net weight: 111g

fully prepared: 420g

gluten free

lactose free

milk free

### Key Take Aways

- norwegian ground beef
- paprika
- tomato
- beans
- onion
- corn
- celery

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REAL Turmat Taco Bowl is a perfect solution for taking your taco dinner outdoors. Regardless of whether you are alone or with the family, we make it easy for you to enjoy a full meal.





## REAL Turmat

# Thai Red Curry

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.5 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

481 Kcal

gross weight: 130g

gtin: 7036480052317

net weight: 113g

product number: 35231

fully prepared: 460g

category: stews, real turmat

vegetarian

vegan

gluten free

lactose free

milk free

**Key Take Aways** • rice • soy protein • coconut milk • chickpeas • soy • lime • ginger • garlic

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REAL Turmat Thai Red Curry is an Asian stew with chickpeas and rice. Try this if you like spicy food, regardless of whether you are vegan or not.





REAL Turmat

# Bidos

## Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

## Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.2 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

## Specifications

246 Kcal

gtin: 7036480053321

product number: 35332

category: soups, real turmat

gross weight: 71g

net weight: 54g

fully prepared: 370g

lactose free

milk free

**Key Take Aways** • norwegian reindeer beef • potato • carrot • onion • leek • soy

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REAL Turmat Bidos soup consists of arctic reindeer with potato and carrot. A traditional and warming soup with lots of flavor and rich texture. Suitable for short trips or lunch.





## REAL Turmat Chicken Soup

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.1 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

331 Kcal

gross weight: 76g

gtin: 7036480053352

net weight: 59g

product number: 35335

fully prepared: 370g

category: soups, real turmat

**lactose free**

**milk free**

### Key Take Aways

- norwegian chicken
- coconut milk
- paprika
- onion
- leek
- soy
- garlic

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REAL Turmat Chicken soup is a tasty soup with ginger, garlic and large pieces of chicken meat.





## REAL Turmat Meat Soup

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.2 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

254 Kcal

gtin: 7036480053314

product number: 35331

category: soups, real turmat

gross weight: 72g

net weight: 55g

fully prepared: 370g

lactose free

milk free

gluten free

**Key Take Aways** • norwegian ground beef • potato • carrot • onion • leek • celery

**Contact** • ordre@drytech.no • +47 77 60 03 00 • Norway: Ørnevegen 110, 9015 Tromsø • Europe: Prästängvägen 36, 45233 Strömstad • [www.realoutdoorfood.com](http://www.realoutdoorfood.com)

REAL Turmat Meat soup is a hot soup with beef and root vegetables. A lighter alternative to a full dinner. Gets both heat and energy back quickly.





## REAL Turmat

# Tomato Soup

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (3.1 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

286 Kcal

gtin: 7036480060831

product number: 6083

category: soups, real turmat

gross weight: 79g

net weight: 62g

fully prepared: 370g

vegan

vegetar

lactose free

milk free

**Key Take Aways • tomato • pasta • soy protein • onion**

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REAL Turmat Tomato soup has a classic taste with mild herbs and is a timeless home favorite that is perfect to take with you on a trip.





## REAL Turmat

# Blueberry and Vanilla Muesli

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (2,2 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

424 Kcal

gtin: 7036480053130

product number: 6052

category: breakfast, real turmat

gross weight: 129g

net weight: 112g

fully prepared: 330g

vegetar

lactose free

### Key Take Aways

- muesli
- blueberries
- apple chunks

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Lactose-free muesli with blueberry and vanilla. Gives you a flying start in the morning or during the day. Can be prepared with hot or cold water. Enjoy!





## REAL Turmat

# Crunchy Granola

### Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

### Preparation

Tear off the top of the bag at the tear notch. Add hot water (1,8 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

### Specifications

493 Kcal

gtin: 7036480060541

product number: 6054

category: breakfast, real turmat

gross weight: 137g

net weight: 120g

fully prepared: 280g

vegetar

gluten free

**Key Take Aways** • granola • chocolate

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Fuel your adventure with REAL Turmat Crunchy Granola, a delicious, energy-packed breakfast with chocolate. Gluten-free, vegetarian, and field-tested for taste and performance. Perfect for the wilderness enthusiast seeking nutrition without compromise.





REAL Turmat

# Chocolate Muesli

## Shelf Life

The product has a shelf life of 5 years from the date of manufacture. Store at room temperature. Open bags must be treated as fresh produce. The meal should be eaten within 2 hours of adding water.

If vacuumed after best before date it may last up to 20 years. Quality may be deterred. Practice 1. see 2. smell 3. taste.

## Preparation

Tear off the top of the bag at the tear notch. Add hot water (2,4 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

## Specifications

439 Kcal

gtin: 7036480053123

product number: 6051

category: breakfast, real turmat

gross weight: 131g

net weight: 114g

fully prepared: 350g

vegetar

**Key Take Aways** • muesli • strawberries • honey • chocolate

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Sweet honey and strawberry. Gives you flying start in the morning and good satiety. On the sweet side. Can be prepared with hot or cold water. Vegetarian

