



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

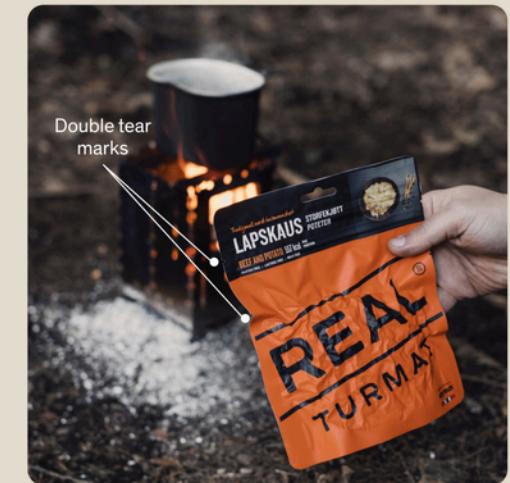
Tear off the top of the bag at the tear notch. Add hot water (3,1-3.8 dl) to the level mark. Stir well, close the bag with the bag lock and let the dish rest for 8 minutes.

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



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

Key Take Aways

- rice
- pea protein (concentrate)
- edamame (soy)
- tomato
- paprika
- aubergine
- ginger

Contact

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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.

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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



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.

Key Take Aways

- norwegian cod
- potato
- paprika
- onion
- olive oil
- soy
- garlic

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REAL Turmat Beef Stew

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

573 Kcal

gtin: 7036480060206

product number: 6020

category: stews, real turmat

gross weight: 145g
net weight: 128g
fully prepared: 500g

lactose free

milk free



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.

Key Take Aways

- norwegian ground beef
- rice
- paprika
- onion
- mushroom
- celery
- soy

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REAL Turmat Chili Stew



REAL Turmat Chili stew is well seasoned with lots of flavour. Very filling. A vegan alternative to our popular "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 (3.3 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

Key Take Aways

- beans
- soy protein
- onion
- paprika
- chili

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vegetarian

vegan

gluten free

lactose free

milk free



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

gtin: 7036480052324

product number: 35232

category: stews, real turmat

gross weight: 149g

net weight: 132g

fully prepared: 500g

lactose free

milk free



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

Key Take Aways

- norwegian chicken
- rice
- onion
- pineapple
- paprika
- mustard

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REAL Turmat

Chicken

Tikka

Masala

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

578 Kcal

gtin: 7036480052331

product number: 35233

category: stews, real turmat

gross weight: 150g
net weight: 133g
fully prepared: 500g

gluten free



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.

Key Take Aways

- norwegian chicken
- rice
- onion
- lentils
- sour cream
- spinach
- soy
- garlic

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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.

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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



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.

Key Take Aways

- beans
- norwegian ground beef
- onion
- garlic
- chili
- soy

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REAL Turmat

Cod in Creamy Curry Sauce

Shelf Life

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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



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.

Key Take Aways

- norwegian cod
- potato
- carrot
- onion
- sour cream

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REAL Turmat

Couscous with Lentils and Spinach

Shelf Life

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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

gtin: 7036480052256

product number: 35225

category: stews, real turmat

gross weight: 138g
net weight: 121g
fully prepared: 500g

vegetarian



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.

Key Take Aways

- **couscous**
- **lentils**
- **soy protein**
- **carrot**
- **onion**
- **sour cream**
- **celery**
- **cauliflower**

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REAL Turmat

Creamy Salmon with Pasta

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

601 Kcal

gtin: 7036480052201

product number: 35220

category: stews, real turmat

gross weight: 146g
net weight: 129g
fully prepared: 500g



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.

Key Take Aways

- norwegian salmon
- pasta
- onion
- carrot
- cream
- peas
- pepper

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REAL Turmat Kebab Stew

Shelf Life

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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



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.

Key Take Aways

- norwegian chicken
- rice
- onion
- paprika
- sour cream
- leek
- garlic

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REAL Turmat

Beef and Potato Casserole

Shelf Life

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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



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.

Key Take Aways

- norwegian potato
- norwegian ground beef
- onion
- turnip
- carrot

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REAL Turmat

Pasta Bolognese

Shelf Life

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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



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.

Key Take Aways

- **pasta**
- **norwegian ground beef**
- **onion**
- **garlic**
- **carrot**
- **celery**
- **soy**

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REAL Turmat Pulled Pork

Shelf Life

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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



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

Key Take Aways

- norwegian pork
- rice
- onion
- paprika
- leeks
- soy
- garlic
- tabasco

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REAL Turmat

Squash and Sweet Corn Casserole

Shelf Life

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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

gtin: 7036480052300

product number: 35230

category: stews, real turmat

gross weight: 133g
net weight: 116g
fully prepared: 460g

vegetarian

vegan

gluten free

lactose free

milk free



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.

Key Take Aways

- rice
- lentils
- squash
- coconut milk
- paprika
- chickpeas
- onion
- sweet corn

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REAL Turmat Taco Bowl

Shelf Life

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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



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.

Key Take Aways

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

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REAL Turmat

Thai Red Curry

Shelf Life

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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

gtin: 7036480052317

product number: 35231

category: stews, real turmat

gross weight: 130g
net weight: 113g
fully prepared: 460g

vegetarian

vegan

gluten free

lactose free

milk free



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.

Key Take Aways

- rice
- soy protein
- coconut milk
- chickpeas
- soy
- lime
- ginger
- garlic

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REAL Turmat

Reindeer Stew

Shelf Life

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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



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.

Key Take Aways

- norwegian reindeer beef
- potato
- onion
- carrot
- cream
- mushroom
- cranberries

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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



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.

Key Take Aways

- norwegian reindeer beef
- potato
- carrot
- onion
- leek
- soy

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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

gtin: 7036480053352

product number: 35335

category: soups, real turmat

gross weight: 76g
net weight: 59g
fully prepared: 370g

lactose free

milk free



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

Key Take Aways

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

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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



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.

Key Take Aways

- norwegian ground beef
- potato
- carrot
- onion
- leek
- celery

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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



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.

Key Take Aways

- tomato
- pasta
- soy protein
- onion

Contact

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- www.realoutdoorfood.com



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



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. Vegetarian. Enjoy!

Key Take Aways

- muesli
- blueberries
- apple chunks

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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 (1,6 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



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.

Key Take Aways

- granola
- chocolate

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REAL Turmat

Cholocate 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



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

Key Take Aways

- muesli
- strawberries
- honey
- chocolate

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