POWER BOWLS READY MEALS

- Naturally colourful - naturally healthy.
- Low in calories.
- No artificial flavors or colors.
- Quick and easy to prepare.
- Fresh and healthy ingredients.
- Quick and easy to prepare.
- Source of fibre.

POWER BOWLS READY MEALS

- New compositions, 100 % good tests.
- Fresh and healthy ingredients.

FIELD VEGETABLES BOWL
Ingredients: Vegetable mix with rice, fine peas, broccoli florets, red pepper cubes and corn, mildly seasoned, in herb sauce, frozen.
AMOUNT PER SERVING CALORIES 300

ITALIAN BOWL
Ingredients: Mixed vegetables with pasta shells, fruity tomato cubes, grilled eggplant cubes, yellow pepper cubes and slices of leek, with tomato-based sauce, frozen.
AMOUNT PER SERVING CALORIES 340

ROMANESCO BOWL
Ingredients: Mixed vegetables with crunchy carrot slices, romanesco broccoli, yellow pepper cubes and cauliflower, mildly seasoned, in herb sauce, frozen.
AMOUNT PER SERVING CALORIES 130

AVOCADO RICE BOWL
Ingredients: Brown rice, king prawns, avocados, edamame, yellow pepper, stir sauce, snap peas, frozen.
AMOUNT PER SERVING CALORIES 300

QUINOA FALAFEL BOWL
Ingredients: Falafel, quinoa (red & white), romanesco, yoghurt-mint sauce, red lentils, edamame red onion, frozen.
AMOUNT PER SERVING CALORIES 130

GNOCCHI BOWL
Ingredients: Beetroot gnocchi, romanesco, yellow carrot, pesto, goji berries, red onion, frozen.
AMOUNT PER SERVING CALORIES 340

Item Description Pack Size UPC
986120 FIELD VEGETABLES BOWL 9 10.6 oz 426015953429
986117 ITALIAN BOWL 9 10.6 oz 426015953436
986123 ROMANESCO BOWL 9 10.6 oz 426015953412
986108 AVOCADO RICE BOWL 9 9.9 oz 426015953382
986111 QUINOA FALAFEL BOWL 9 9.9 oz 426015953375
986114 GNOCCHI BOWL 9 9.9 oz 426015953399

FARMTASTIC NEWS

presented by
**PREPARATION**

1. **Blender-Free Shake**: Simply pour the desired amount of Coffee Cubes into a glass and add milk according to taste—stir, ready!

2. **Crushed Iced Coffee Shake**: Put the desired amount of Coffee Cubes into a blender with cold milk and mix well. Enjoy your crushed Iced Coffee Shake.

3. **Microwaveable Tray**: Defrost overnight in the fridge. Place the sleeve and film on the microwaveable tray and defrost for 2 to 2.5 minutes. Stir well. The preparation time may vary according to individual microwaves.

**CONTENTS**

- Up to five servings
- Convenient cubes—easily portionable

**Iced Coffee Cubes**

- Blend-free
- Made from coffee
- For a quick coffee in a glass
- Just add milk of your choice

**Easy Preparation**

1. Remove the tray from the sleeve.
2. Poke a few holes in the film.
3. Defrost in the microwave for approx. 2 to 2.5 minutes on High. Stir well. The preparation time may vary according to individual microwaves.

**Defrost overnight in the fridge**

- Remove the sleeve and film. Stir and enjoy.

**Item Description**

- **Pack Size**: 8 oz
- **UPC**: 426019135282

**Yellow Smoothie Bowl**

- Pineapple, mango, coconut milk, agave syrup

**Amount per serving**: Calories 170

**Red Smoothie Bowl**

- Raspberry, strawberry, blueberries, agave syrup

**Amount per serving**: Calories 130

**Green Smoothie Bowl**

- Spinach, apple, melon, grapes, flax seed, agave syrup

**Amount per serving**: Calories 100

**Orange Smoothie Bowl**

- Carrot, orange juice, apple, peach, pineapple, pumpkin, agave syrup

**Amount per serving**: Calories 110

**Açaí Bowl**

- Açaí purée product, banana purée, rice milk, high-fibre cereals and fruits (strawberry, mango, blueberry), frozen

**Amount per serving**: Calories 210

**Cool! Cooler! Iced Coffee Cubes!**

- Perfect for hot or cold coffee
- A coffee lover's delight

**VEGAN & 100% NATURAL**

**ANYTIME Anywhere**

**Convenient Cubes—Easily Portionable**