

Mixed with

½ CUP

of long life or reconstituted powdered milk = **45% OF DAILY PROTEIN REQUIREMENT**



1 CUP = **30%** of daily requirements for **14 VITAMINS AND 3 MINERALS**



Cost of

1 CUP

NN Bran Flakes (40G) = ±R 2,60



High in fibre
High in 14 vitamins
and 3 minerals

