



# The 'Lighten Up' Concept - Front, Side and Back Elevations

**Morning Puffs** Organic Breakfast Cereal

We  breakfast.  
It wakes us up...  
It fills us up...  
It keeps our appetites from playing up...  
But here at Big Oz, we believe brekky should *lighten up!*

None of the fancy stuff.  
Just wholesome, hearty, healthy cereals.



500g

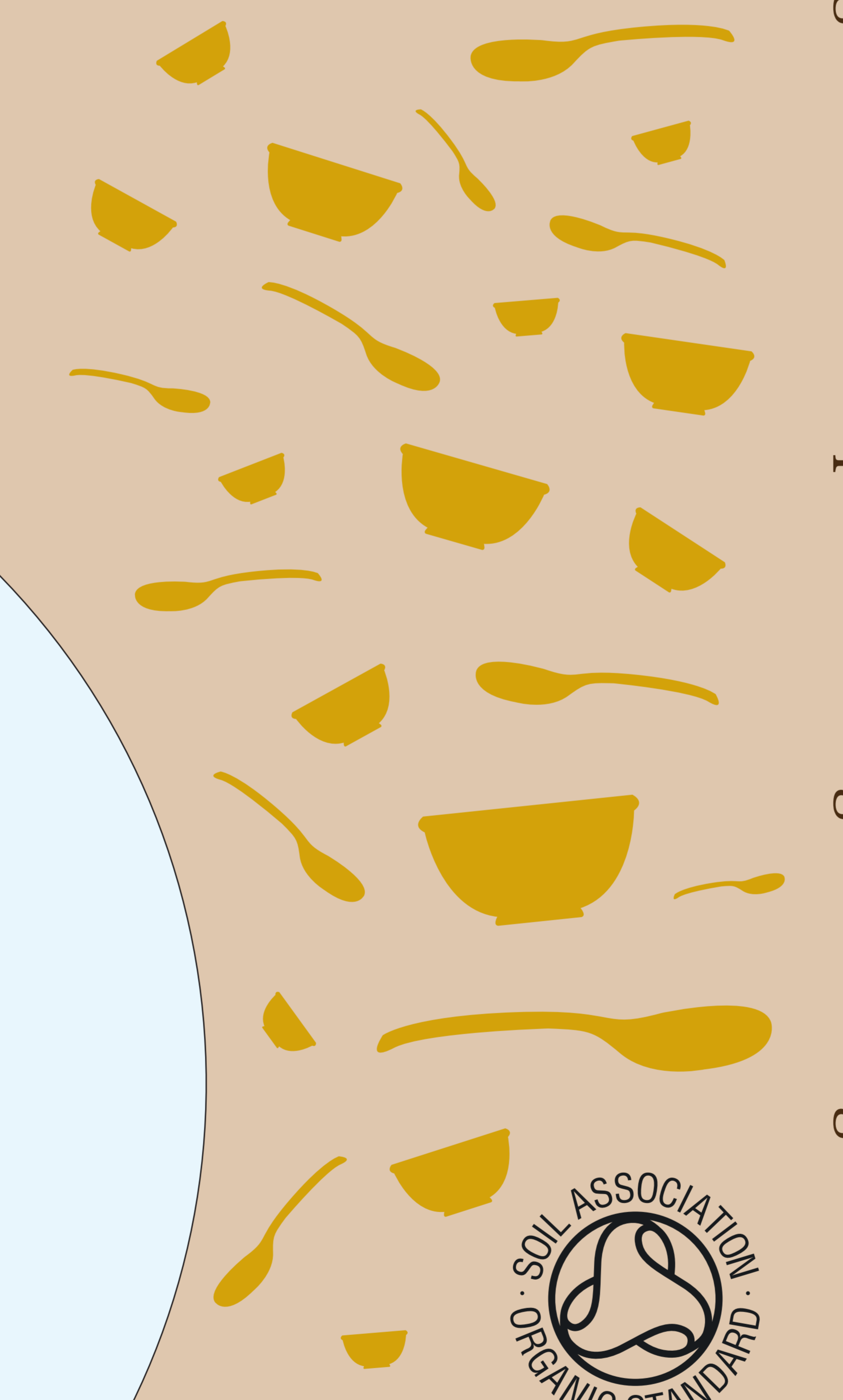
 WHEAT FREE  
GLUTEN FREE




**Morning Puffs** Organic Breakfast Cereal


**ORGANIC PUFFED BUCKWHEAT**

All the ingredients in this product are grown to organic standards



*lighten up!*





**Morning Puffs** Organic Breakfast Cereal

500g

**ORGANIC PUFFED BUCKWHEAT**

Try something different from the full Morning Puffs range

- Millet Puffs
- Brown Rice Puffs
- Corn (Maize) Puffs
- Buckwheat Puffs
- Original Puffs
- Gluten Free Mix
- Honey and Maple Rice Puffs
- Honey and Maple Corn Puffs

**NUTRITIONAL INFORMATION**  
per bowl (30g)

Energy (KJ)	473.4g
Protein	2.2g
Fats	0.7g
Carbohydrates	24g
Sugar	0.02g
Dietary Fibre	1g
Sodium	0.5mg
Potassium	29.6mg

BBE:



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Morning puffs are suitable for those with special dietary needs

*lighten up!*

 WHEAT FREE  
GLUTEN FREE



Manufactured in the UK using grains from more than one country