



Ingredients and Nutritional Information

Apple & Cinnamon Damper Premix

Ingredients

Wheat Flour, Sugar, Diced Dried Apple, Aerator (339, 341,450,500), Canola Oil, Milk Powder, Spice (Includes Cinnamon), Salt, Flavour.

NUTRITIONAL INFORMATION

SERVINGS PER PACKAGE: Approximately 3 to 4

PER DRY PACKET MIX	Av. Qty per 400g	Av. Qty per 100g
ENERGY	6240kJ	1560kJ
PROTEIN	46.4g	11.6g
FAT - Total	14.8g	3.7g
- Saturated	2g	0.5g
CARBOHYDRATE	289.2g	72.3g
- Sugars	110.8g	27.7g
SODIUM	4400mg	1100mg

Bushman's Corn Cob Damper Premix

Ingredients

Wheat Flour, Maize Polenta, Canola Oil, Milk Powder, Aerator (339, 341, 450, 500), Sugar, Salt, Herbs.

NUTRITIONAL INFORMATION

SERVINGS PER PACKAGE: Approximately 3 to 4

PER DRY PACKET MIX	Av. Qty per 400g	Av. Qty per 100g
ENERGY	6120kJ	1530kJ
PROTEIN	36g	9.8g
FAT - Total	20g	5.0g
- Saturated	0.16g	0.4g
CARBOHYDRATE	270g	67.5g
- Sugars	14g	3.5g
SODIUM	4680mg	1170mg