

semix



Planet
ALLY

FIVE GRAIN SNACK

- High in fibre
- Source of protein
- Great pastry alternative
- Gluten free and flour free
- Made from sprouted oat flakes, sprouted lentils, sprouted sunflower seeds, pumpkin seeds and flaxseeds

GOOD FOR YOU, GENTLE TO THE PLANET

SPROUTED
IS MORE
DIGESTIBLE

IDEAL:

as a side dish for salad
or soup / like canapés /
with a spread.
Suitable as a snack
to work, on trips or
to school.

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Five Grain SNACK

SPROUTED
SUNFLOWER
SEEDS

FLAXSEEDS

GLUTEN FREE

PUMPKIN
SEEDS

*SPROUTED
LENTILS

SPROUTED
OATS

HIGH IN FIBRE / SOURCE OF PROTEIN



VEGAN





**Planet
ALLY**



FIVE GRAIN SNACK



**SPROUTED
LENTILS***



**SPROUTED
OAT FLAKES**

Ingredients: Sprouted sunflower seed 27 %, **OAT** flakes gluten free** 20 % (sprouted **OAT** flakes 9 %), crunchy flakes from sprouted lentils 15 %, pumpkin seed 11 %, sunflower oil, fermented vinegar, **BARLEY** malt extract gluten free, corn starch, flaxseed 2 %, sea salt, dietary fibre, antioxidants (ascorbyl palmitate, tocopherol extract, rosemary extract and sunflower lecithin). **Maximum content of gluten is 20mg/kg.

Weight: 150 g / Carton: 6 pcs



Planet ALLY

A platform by Semix that strives for meaningful food production that prioritises human health and environmental sustainability.

Our vision is based on three fundamental pillars:

1. FOR the planet
2. FOR your health
3. FOR a sustainable lifestyle

Find out more about our platform at www.planetally.team

Nutritional information per 100 g of product:

Energy value	2120 kJ/506 kcal
Fat	33 g
- of which saturates	4.1 g
Carbohydrate	31 g
- of which sugars	2.6 g
Fibre	10 g
Protein	18 g
Salt	1.6 g

IDEAL:



FOR
SPORTS



SNACK TO SCHOOL
OR WORK



ON TRIPS



Manufacturer: Semix Pluso spol. s r.o., Rybníčky 338, 747 81 Otice, Czech Republic
www.semix.cz/en / www.planetally.team

