

FRUPP day

OAT CUBES WITH FRUIT

FREEZE-DRIED BITES



DELICIOUS SNACKS IN
A CONVENIENT FORM

GLUTEN-FREE
PRODUCTS

NO ADDED
SUGAR*

VEGETARIAN AND VEGAN
FRIENDLY

WITH GLUTEN-FREE
OAT FLAKES

* does not apply to the
"Strawberry & Chocolate" flavor



READY TO MUNCH!

APPLE & CINNAMON



Apples are a source of fibre, especially pectin, as well as vitamin C and minerals.

They regulate the digestive system and strengthen the muscular system. Cinnamon, in turn, is an antioxidant with anti-inflammatory properties that support the nervous system.

Try this classic duo in a new and interesting form!



9% FIBRE



RASPBERRY & SUNFLOWER

Raspberries are fruits rich in vitamin C and fibre.

They are also a source of polyphenols, which have antioxidant and anti-inflammatory effects. Sunflower seeds are rich in amino acids, vitamins E, A, D and phytosterols, which have anti-cancer effects. In addition, their aroma perfectly enhances the taste of raspberries.

You simply have to try it!



12% FIBRE

OAT FLAKES

- are a source of fibre – especially beta-glucan
- have anti-inflammatory and anti-cancer effects

Why is it worth eating them?

- they contain vitamins E and B
- they lower the concentration of cholesterol and glucose in blood

Regular consumption of oatmeal helps maintain a healthy body weight.

OATMEAL & FRUITS

Munch our delicious cubes for (second) breakfast, at work or school, or when hunger strikes

BLUEBERRY & CHOKEBERRY



Blueberries and chokeberries are rich in antioxidants including anthocyanins, flavonols and tannins.

Blueberries are rich in copper, zinc and manganese, as well as vitamins C, B and PP. They have anti-cancer, antibacterial and anti-inflammatory effects. The polyphenols they contain have strong potential to lower the risk of cardiovascular disease.

Let yourself get seduced by their mesmerizing combination!



10% FIBRE



STRAWBERRY & CHOCOLATE

Strawberries are a treasure trove of vitamins. They have a beneficial effect on both mood and beauty.

We combined them with pieces of delicious chocolate. Cocoa contained in chocolate is a source of iron and magnesium, which affect muscle function. It is also an aphrodisiac.

This wonderful duo is sure to delight your palate!



9% FIBRE

ALSO TRY FREEZE-DRIED FRUITS



VEGAN

EAT THEM
DIRECTLY OUT
OF THE PACKAGE...



...OR ADD THEM TO YOGURT,
SALAD, CAKE OR SMOOTHIE.

- 100% FRUIT
- CRUNCHY, DELICIOUS AND NUTRITIOUS
- INTENSE AROMA AND TASTE
- ALTERNATIVE TO HIGH-CALORIE SWEETS & SALTY SNACKS
- HIGH FIBRE CONTENT

THE FREEZE-DRYING process involves special drying of previously frozen foods. Thanks to this process, we were able to encapsulate the nutritional properties for you in a convenient and handy form.

WWW.FRUPP.PL/EN

Celiko S.A. | św. Antoniego 71 | 61-359 Poznań, Poland