

Brekkie- fast *(and healthy)*

It's been proven that eating a healthy, high fibre, low GI breakfast has positive effects on how you feel for the rest of the day. That's why we have developed a new range of tasty breakfast cereals using the latest nutritional research available.

Lite n' Easy's exclusive breakfast cereals are filled with whole rolled oats, barley flakes, wheat flakes and wheat bran combined with plenty of nuts and seeds (a source of good fats) to help keep you and your digestive system healthy. Add dried fruits for natural sweetness and antioxidants and you get a delicious start to the day that is sure to keep you full until your next meal.

I hope you enjoy our delicious new range of cereals available now in the new Summer Menu.




Lite n' Easy

The new range:

Almond Toasted Muesli

Lightly toasted oats, sunflower seeds and pepitas with a hint of cinnamon and honey.

With plump cranberries, sultanas and flaked almonds mixed in, this low GI cereal is rich in fibre has good fats, and, thanks to the fruit is a great source of antioxidants too!



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Nut Cluster Crunch

These delicious cinnamon, wheat flake and oat clusters are very crunchy. With slivered almonds, dried apples and sultanas completing the recipe, these delicious clusters are naturally sweet and filling.

Honey Muesli Flakes

A filling mix of toasted muesli and wheat flakes with delicious pieces of dried sweet pink lady apple and sultanas for sweetness finished with crunchy chai flax crisps, this healthy breakfast is a winner.

Fruit & Bran

When it comes to the crunch, nothing beats Lite n' Easy's high fibre bran flakes for taste and nutrition. Containing dried pink lady apple pieces, cranberries and sultanas, this Fruit & Bran breakfast is a new twist on a classic breakfast favourite.