



HIGH PROTEIN
GRANOLA



MARKET EXAMPLES

High Protein Granola

Lizi's Granola Cereal High Protein

This product is for the entire family, not just the body builders. Protein is necessary for growing youngsters as well as the elderly who need to protect themselves from muscle loss.

13.5g of Protein per 50g serving

A single 50g serving will give you 27% of your daily protein needs, but it still has a the top-quality taste and texture which made Lizi's famous.

Ingredients: Rolled Oats, Soya Protein Flakes (**Isolated Soya Protein**), Rice Flour, Whole Oat Flour, Barley Flour, and Brown Rice Syrup), Soya Protein Crispies (**Isolated Soya Protein**), Rice Flour, Malt Extract (Barley), and Salt), Concentrated Apple Juice, Pumpkin Seeds (7%), Rapeseed Oil, **Chicory Fibre**, Black Treacle, Oat Bran, Chopped **Almonds**, Chopped **Walnuts**, Desiccated Coconut, **Fructose**, Natural **Flavouring**.



High Protein Granola

Tesco High Protein Granola

Wholegrain oats

Crunchy toasted clusters with pumpkin seeds and soya protein

13g of Protein per 50g serving

Ingredients: Oat Flakes, Soya Nuggets (11%) (**Soya Protein Isolate**, Tapioca Starch, Salt), Sugar, Wheat Protein Crisp (9%) (Wheat Protein, Wheat Flour), Multigrain Flakes (Cornflour, Wheat Flour, Rice Flour, Sugar, Barley Malt, Salt), Toasted Soya Flakes (5%) (Soya Bean), Sunflower Oil, Glucose Syrup, Pumpkin Seeds, Honey, **Flavouring**, Caramel Syrup (Caramelised Sugar, Caramelised Sugar Syrup), Caramelised Sugar, **Tocopherol-Rich Extract**.



High Protein Granola

Bite Fuel Protein Granola Trail Mix

Sure to give you the energy and strength that you need to fuel your day.

12g of Protein per 56g serving

Ingredients for Blueberry and Mango Flavour:

Oats, Whey Protein Concentrate, Brown Sugar, **Almonds**, Dried Mango, Coconut, Coconut Oil, Pecans, Dried Blueberries, Rice Flavour, Vanilla Extract (Vanilla, Water, Alcohol), Salt, Cinnamon.



Varieties: Blueberries and Mangoes, Cherries and Cranberries, Apples and Bananas, Pineapples and Coconuts

High Protein Granola

Simple Truth™ High Protein Multigrain Granola

14g of Protein per 54g serving

Ingredients: Textured **Soy Protein**, Rice Flour, Corn Flour, Milled Cane Sugar, Whole Wheat Flour, Soy Flour, Expeller Pressed **Canola Oil**, Barley Malt Syrup, Wheat Bran, Cinnamon Bark, Salt, Natural **Flavour**, Oat Fibre, Colour (Annatto, Turmeric, Purple Carrot Juice).



High Protein Granola

Nature Valley Protein Granola

Enjoy with milk, or mix with other treats throughout your day.

10-14g of Protein per serving

Ingredients for Oats and Honey Flavour: Whole Grain Oats, Sugar, **Soy Protein Isolate**, Honey, Rice Starch, **Soy Lecithin**, Salt, Baking Soda, Natural **Flavour (Mixed Tocopherols)** added to preserve freshness.



Varieties: Cranberry Almond, Oats and Honey, Oats and Dark Chocolate

High Protein Granola

ProGranola® Peanut Butter Cluster Granola

Our carefully formulated high protein granola was specifically formulated to be Paleo compliant and contains 12g egg white protein per serving and curbs appetite with organic prebiotic fiber.

12g of Protein per 37.6g serving

Ingredients: **Egg White Powder**, Organic Peanut Flour, Organic Peanut Butter, Organic Roasted Peanuts, Organic Natural Sesame Seeds, Organic Soluble Tapioca Fibre (Prebiotic), Organic Pumpkin Seeds, **Organic Black Chia Seeds**, Organic Cinnamon, Organic Monk Fruit Extract.



High Protein Granola

Bear Naked Original Cinnamon with High Protein Granola Snacks

Consist of smart carbohydrates (like oats), smart fats (like nuts), and lots of protein and fiber to maintain healthy lifestyle.

6g of Protein per 30g serving

Ingredients: Whole Grain Oats, Honey, Soy Nuts, **Canola Oil**, Sweetened Dried Cranberries (Cranberries, Sugar, Glycerine, Sunflower Oil), **Soy Protein Isolate**, Dry Roasted Sunflower Kernels, Whole Grain Crisp Rice (Whole Grain Rice, Barley Malt), Ground Flax Seeds, Cinnamon, Natural **Flavour**.



High Protein Granola

Padma dark chocolate & toasted coconut protein granola

Deep, chocolatey flavours and the warmth of toasted coconut and roasted almonds lend itself to this delightfully decadent yet guilt-free vegan protein granola.

9.7g of Protein per 45g serving

Ingredients: **Almonds**, Sunflower Seeds, Oats, Coconut Nectar*, Lupin Flake, Pepitas, Coconut, Cocoa, Pecans, Cinnamon, Macadamia Oil*.

*Certified Organic



High Protein Granola

Nature's Choice High Protein Peanut Butter Granola

Our High Protein Peanut Butter Granola is made with gluten free rolled oats with a combination of Crunchy Peanut Butter, Whey Protein Concentrated Powder and Mixed Seeds, Lightly toasted.

6.7g of Protein per 40g serving

Ingredients: Gluten Free Rolled Oats (45%), Crunchy Peanut Butter (Peanuts) (30%), **Whey Protein Concentrated Powder** (10%) [Whey Protein Concentrated (Cow's Milk), **Soya Lecithin** (Soya)], Liquid **Oligofructose Fibre**, Water, Puffed Rice, Seed Mix (1%) (Linseeds, Sunflower Seeds, Sesame Seeds and Pumpkin Seeds), Non-irradiated Cinnamon (1%), Fine Himalayan Salt, **Flavouring**.



High Protein Granola

Post Honey Bunches Of Oats Granola With Dark Chocolate

Helps fuel your body with sustained energy.

10g of Protein per serving

Ingredients: Whole Grain Rolled Oats, Brown Sugar, **Pea Protein**, Defatted Wheat Germ, **Canola Oil**, Semisweet Chocolate Chips (Sugar, Chocolate, Cocoa Butter, **Soy Lecithin**, Vanilla Extract), Tapioca Starch, Rice Flour, Whey Protein Isolate (from Milk), Whole Grain Barley, Corn Syrup, **Whey**, Wildflower Honey, Natural **Flavour**.





THANK YOU