



Soil Association UK5



Organic Rich Muesli

★ *Organic, unsweetened, dairy free, vegan*



Organic Branberry Muesli

★ *Organic, unsweetened, dairy free, vegan*



Organic Tropical Muesli

★ *Organic, unsweetened, dairy free, vegan*

Wheat-free 2: may contain Kamut or Spelt

Sugar Free: contains no refined cane sugar (may contain evaporated cane juice and other natural sweeteners)

Cane Free: contains no cane products (may contain other natural sweeteners)

## Alara Wholefoods

Alara is a successful, dynamic company dedicated to supplying organic and whole foods to meet all customer expectations. They have been trading for over twenty years and have a history of growth and change. Presently they are located in central London, where they play an active part in a diverse and vibrant local community. Over the last few years Alara Wholefoods have been honing their product range and supply systems to deliver great service and real value.

Alara Wholefoods have been registered with the Soil Association for twelve years and have comprehensive links to suppliers of organic produce.

### Alara Organic Muesli

★ *Organic, unsweetened, dairy free, vegan*

Over 40% fruits, nuts and seeds, with no added salt, sugar, preservatives or additives. GMO Free.

Alara Organic Muesli *is* the best cereal you have ever tasted. The rich, well-balanced blend of 100% organic fruits, nuts and grains is the result of more than 15 years experience in making organic muesli.

Alara Organic Muesli explodes with the flavour and goodness of 100% organic almonds, dates, raisins, sultanas, pineapples, mangoes, bananas, strawberries, blueberries, hazelnuts, oats, apricots, wheat flakes, pumpkin seeds, and sunflower seeds. The concentration of sun-dried organic fruits adds a delicious natural sweetness.

The highest quality organic produce has been sourced from all over the globe, so Alara Organic Muesli really is the best in the world. All the ingredients are 100% organic, ensuring superior flavour and nutrition.

Organic means the highest possible quality. The rigorous inspection and tracing process for each ingredient means organic foods can be followed right back to farms where they are grown, through each of the supply chain links. If each link in the chain can be traced, then there has to be a higher level of responsibility at each step.

Another important reason organic means high quality is that the crops are grown as part of nature, not as food machines. The farmers' primary concerns are the growing process, the fertility of the soil, and the sustainability of the earth.

The old adage is true. People are what they eat. Similarly, plants are what they live in. So healthy soil means healthy plants means healthy people.

**Coming soon ~ GLUTEN-FREE Alara Organic Rich Muesli!**



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## Alara Organic Tropical Muesli

★ *Organic, unsweetened, dairy free, vegan*

Tropical muesli brings together fruits of the sun. Pineapple, mango, dates and banana with their succulent sweetness gives warmth to any morning. Each piece of fruit is bursting with flavour instilling this muesli with taste sensations. The oat base, high in soluble fibre, is both nutritious and healthy.

100% organic and blended with coconut and vine fruits – you must say yes to food as good as this.

## Alara Organic Branberry Muesli

★ *Organic, unsweetened, dairy free, vegan*

High in fibre, with real strawberries and blueberries, Branberry muesli is a feast for the eyes, nose and mouth.

The striking reds and blues from the organic strawberries and blueberries set this muesli apart from first glance. As you open the bag, the enticing aroma of the fruit, ripened slowly through the long northern days, wafts out. The malted flakes and bran wafers, both with no added sugar or salt, crunch and crackle as you eat. Try some and you will find this is a sense sensation.



Order Code	Description	Size
101594	Alara Organic Tropical Muesli	500gm
101595	Alara Organic Branberry Muesli	300gm
100892	Alara Organic Rich Muesli	500gm



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Wheat-free 2: may contain Kamut or Spelt

Sugar Free: contains no refined cane sugar (may contain evaporated cane juice and other natural sweeteners)

Cane Free: contains no cane products (may contain other natural sweeteners)