

Powder Matter

Neutral v 2.5

Ingredients

organic buckwheat meal, **soy** protein isolate, sunflower oil*, golden linseed meal, vitamin & mineral mix*, vanilla aroma, *texture improver*: guar gum, xanthan gum, *anti-caking powder*: silicium dioxide, *sweetener*: sucralose

Flavoring dependant ingredients:

Neutral: Natural vanilla aroma

Speculaas: Speculaas herbs (cinnamon, foil, cardamom, cloves, cilantro, ginger powder)

Strawberry-cherry: natural strawberry and cherry aromas, colorant: beetroot red

*Maltodextrin is a carrier for these ingredients

Nutrition Facts

per 100 g	
Energy (kcal)	419
Fats (g)	17.6
saturates	2.9
MUFA's	12.2
PUFA's	2.0
Omega 3	0.6
Omega 6	1.2
Carbohydrates(g)	47
sugars	1.3
Fibers(g)	7.3
Proteins(g)	23
Salt	0.53

Vitamins

		RI*
Vitamin A (µg)	171	21%
Vitamin B1 (mg)	0.34	31%
Vitamin B2 (mg)	0.58	36%
Vitamin B3 (mg)	8.15	51%
Vitamin B5 (mg)	2.11	35%
Vitamin B6 (mg)	0.46	33%
Vitamin B7 (µg)	11.0	22%
Vitamin B9 (µg)	100	50%
Vitamin B12 (µg)	0.55	22%
Vitamin C (mg)	17.6	22%
Vitamin D (µg)	8.4	70%
Vitamin E (mg)	21.3	28%
Vitamin K (µg)	212	26%

Minerals

Calcium (mg)	497	71%
Phosphorus (mg)	6.7	48%
Iron (mg)	4.3	43%
Zinc (mg)	1.17	117%
Copper (mg)	31.5	21%
Iodine (µg)	275	48%
Selenium (µg)	17.4	32%
Potassium (mg)	667	33%
Magnesium (mg)	156	42%
Manganese (mg)	1.52	76%

*Reference intake of an average adult(2000kcal)

Instructions

Fill a shaker with 400 ml water. Add 100 gram of Powder Matter to the shaker and shake.

The amount of added water can be increased up to 500 ml when a thinner consistency is desired.

The shake can be kept in the refrigerator for 24 hours without changes to the texture and taste.

Consume bags within 6 weeks after opening. Unopened bags are good for at least 12 months after production date.

Macro energy split

