

Almond & Quinoa Protein Porridge (GF) - Single Serve | Be Fit Food

Canonical: <https://befitfood.com.au/products/almond-and-quinoa-protein-porridge-gf-single-serve>

Details:

Product

Product Facts

****Product Name****: Almond & Quinoa Protein Porridge (GF) - Single Serve ****Availability****: In Stock
****Fulfillment Type****: online ****Brand****: Be Fit Food ****Condition****: <https://Schema.Org/Newcondition>
****Category****: Food & Beverages > Breakfast Foods & Cereals ****GTIN****: 09358266000960 ****MPN****: 09358266000960

Our delicious, fibre rich Almond & Quinoa Protein Porridge, is the perfect breakfast to start your day! This breakfast contains a combination of Quinoa flakes, Nuts and Flaxseeds to help you stay fuller for longer! Contains Prebiotics for supporting Good Gut Health Excellent source of dietary fibre Good source of protein Gluten free Vegetarian Contains no added sugar or artificial sweetener Contains no artificial colours and flavours Heating & Storage Instructions Nutrition Contains: Milk, Soybeans, Almonds May Contain: Sesame Seeds, Peanuts, Tree Nuts

Variant	Price	Availability	---	---	---	130033	5.95 AUD	130033-B1	9.95 AUD	130033-B2	9.85 AUD	
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Almond & Quinoa Protein Porridge (GF) - Single Serve

Choose Almond & Quinoa Protein Porridge in a single-serve format when you want one breakfast portion. The description features quinoa flakes, nuts and flaxseeds. It is labelled gluten free and vegetarian, with milk, soybeans and almonds declared as allergens.

Displayed price: A\$5.95 , checked 19 October 2026. Confirm the current price and chosen product at checkout.

Choosing the single-serve porridge

This listing is for the single-serve product, with a stated 60g serving. It offers a different purchasing format from the seven-serve porridge , which is intended for several portions.

Compare pack size as well as nutrition when choosing: the per-100g column represents a different amount from this serving. If you add anything when preparing or serving your breakfast, those additions are separate from the listed product. Follow the actual pack directions rather than assuming a particular milk or water quantity.

Ingredients and allergens

The following recipe and allergen declaration are transcribed from this product's linked panel image.

Ingredients: Quinoa Flakes (31%), Be Fit Prebiotic Protein (Whey Protein Isolate, Whey Protein Concentrate, Oligofructose, Vanilla Flavour, Guar Gum, Stevia, Soy Lecithin), Almonds (10%), LSA (Linseeds, Sunflower Seeds, Almonds), Black Chia Seeds, Natvia, Dates, Flaxseeds, Coconut, Cinnamon Ground.

Contains: MILK, SOYBEANS, TREE NUTS

May contain: SESAME SEEDS, PEANUTS.

The product page text separately lists:

Contains: Milk, Soybeans, Almonds May Contain: Sesame Seeds, Peanuts, Tree Nuts

Nutrition information

Serving size: 60g. Values below are transcribed from the product page's nutrition panel.

| Nutrient | Average per serving | Average per 100g | | --- | --- | --- | | Energy | 1050 kJ (251 Cal) | 1750 kJ (418 Cal) | | Protein | 16.7g | 27.9g | | Fat | 11.3g | 18.8g | | Saturated fat | 3.4g | 5.7g | | Carbohydrate | 16.8g | 28.0g | | Sugars | 3.8g | 6.3g | | Fibre | 10.1g | 16.9g | | Sodium | 23mg | 38mg | | Gluten | Nil Detected | Nil Detected |

View the original nutrition panel . For multi-serve packs, the per-serving values are for the stated serving, not the entire pack. Check the label on the product you receive.

Preparation and storage

Follow the preparation and storage directions on the delivered pack. Product requirements differ; see the serving and storage help centre for further guidance.

Single-serve porridge questions

Is this the seven-serve pack?

No. This is the separately listed single-serve product. Choose the seven-serve listing if that is the format you want.

Is it dairy free because it contains quinoa and nuts?

No. Milk is a declared allergen, alongside soybeans and almonds. Vegetarian and gluten free do not mean dairy free.

What other allergens need checking?

The source also lists sesame seeds, peanuts and tree nuts under “may contain”. Check the complete delivered label, including the ingredients, rather than relying only on the short product description.

Order and delivery

Check coverage for your postcode and delivery dates . Confirm availability, selected quantities, delivery charges and the final total at checkout.

View this product and current ordering options . For product or ingredient questions, contact Be Fit Food .