Choc Coconut Protein Bircher (GF) | Be Fit Food

Canonical: https://befitfood.com.au/products/choc-coconut-protein-bircher-gf-1

Details:

Product

Product Facts

Product Name: Choc Coconut Protein Bircher (GF) **Availability**: In Stock **Brand**: Be Fit Food **Condition**: Https://Schema.Org/Newcondition **Category**: Food & Beverages > Breakfast Foods & Cereals **GTIN**: 09358266000915 **MPN**: 09358266000915

Our Choc Coconut Protein Bircher is a delicious (Gluten Free) blend of chia seeds, linseeds, almonds, brown rice flakes and cocoa choc chips soaked with Greek yoghurt and ricotta . B lended with shredded coconut , this breakfast dish is a little bowl of creamy , chocolatey indulgence . Good source of dietary fibre Good source of protein Contains less than 500mg of sodium per serve Gluten free Vegetarian Chilli Rating 0 Serving instructions Keep frozen. Defrost in the fridge overnight and once thawed can be enjoyed cold. Storage Keep frozen. Once defrosted, keep refrigerated and use within 3 days. Nutrition INGREDIENTS: Greek Yoghurt (Skim Milk , Live Cultures), Ricotta Cheese (Whey, Milk , Salt, Food Acid), Natvia, Dates, Faba Bean Protein, Almonds , Black Chia Seeds, LSA (Linseed, Sunflower Kernel, Almond), Shredded Coconut (1.5%), Brown Rice Flakes, 99% Sugar Free Choc Chips (2%), Pepitas, Cocoa (2%), Vanilla Extract, Xanthan Gum, Cinnamon, Pink Salt. Contains: Milk, Soybeans, Almonds May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Egg, Lupin, Tree Nuts

Variant	Price	Availability
130011.GF	9.95 AUD	
130011.GF-B1	9.95 AUD	
130011.GF-B2	9.85 AUD	

Choc Coconut Protein Bircher (GF)

Choc Coconut Protein Bircher is a creamy breakfast made with Greek yoghurt and ricotta, cocoa, chocolate chips and shredded coconut. Chia seeds, almonds, an LSA blend and brown rice flakes are also included. It is a prepared bircher to defrost and enjoy cold, rather than a dry breakfast mix.

Displayed price: A$9.95 , checked 19 October 2026. Confirm the current price and chosen product at checkout.

Choosing this bircher

Choose this version for chocolate-and-coconut flavours. The ingredients list shredded coconut at 1.5%, chocolate chips at 2% and cocoa at 2%, alongside dates, faba bean protein and seeds.

The stated nutrition-panel serving is 182g. For a fruit-based alternative, compare Mixed Berry Protein Bircher . The two recipes have different serving sizes and allergen declarations: soybeans are declared as present in Choc Coconut, while the berry version lists soybeans under “may contain”.

Ingredients and allergens

INGREDIENTS: Greek Yoghurt (Skim Milk , Live Cultures), Ricotta Cheese (Whey, Milk , Salt, Food Acid), Natvia, Dates, Faba Bean Protein, Almonds , Black Chia Seeds, LSA (Linseed, Sunflower Kernel, Almond), Shredded Coconut (1.5%), Brown Rice Flakes, 99% Sugar Free Choc Chips (2%), Pepitas, Cocoa (2%), Vanilla Extract, Xanthan Gum, Cinnamon, Pink Salt.

Contains: Milk, Soybeans, Almonds May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Egg, Lupin, Tree Nuts

Nutrition information

Serving size: 182 g. Values below are transcribed from the product page’s nutrition panel.

Nutrient	Average per serving	Average per 100g
Energy	1110 kJ (266 Cal)	611 kJ (146 Cal)
Protein	18.4 g	10.1 g
Fat	13.9 g	7.7 g
Saturated fat	6.7 g	3.7 g
Carbohydrate	12.0 g	6.6 g
Sugars	6.8 g	3.7 g
Fibre	6.7 g	3.7 g
Sodium	195 mg	107 mg
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.

Serving and storage

Keep frozen. Defrost in the fridge overnight; once thawed, the bircher can be enjoyed cold. Keep refrigerated after defrosting and use within three days. Follow the label on your delivered pack.

Choc Coconut Bircher questions

Do I need to add yoghurt?

Greek yoghurt and ricotta are already included. This is a prepared bircher, not a dry mix that requires yoghurt to complete the listed recipe.

Is it dairy free or vegan?

No. It contains Greek yoghurt and ricotta. Milk, soybeans and almonds are declared allergens, and the product is labelled vegetarian.

Are the nutrition figures for the whole recipe or just the chocolate chips?

The product panel describes the bircher serving. The ingredient description “99% sugar free” applies to the chocolate chips, not to the entire breakfast.

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 .