

Mixed Berry Protein Bircher (GF) | Be Fit Food

Canonical: <https://befitfood.com.au/products/mixed-berry-protein-bircher-gf>

Details:

Product

Product Facts

****Product Name**:** Mixed Berry Protein Bircher (GF) ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Prepared Meals & Breakfast ****GTIN**:** 09358266000724 ****MPN**:** 09358266000724

Our delicious Mixed Berry Bircher is bursting with blueberries, raspberries, blackberries and red currants! The berries are mixed through Greek yoghurt and ricotta and blended with shredded coconut to create a bowl of creamy perfection packed with antioxidants. Excellent 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), Mixed Berries (20%) (Blueberries, Raspberries, Blackberries, Red Currants), Ricotta Cheese (Whey, Milk , Salt, Food Acid), Natvia, Dates, Faba Bean Protein, Almonds , Black Chia Seeds, LSA (Linseed, Sunflower Kernel, Almond), Coconut, Brown Rice Flakes, Pepitas, Vanilla Extract, Xanthan Gum, Cinnamon, Pink Salt. Contains: Milk, Almonds May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Egg, Soybeans, Lupin, Tree Nuts

| Variant | Price | Availability | | --- | --- | --- | | 130031 | 9.95 AUD | | | 130031-B1 | 9.95 AUD | | | 130031-B2 | 9.85 AUD | |

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Price: A\$9.95 . Confirm current availability and the final total at checkout.

[View product and ordering options](#)

Product details

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Good source of protein

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Gluten free

Vegetarian

Chilli Rating 0

[Serving instructions](#)

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Nutrition information

Serving size: 196 g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1110 kJ (266 Cal)	567 kJ (136 Cal)
Protein	18.1 g	9.2 g	Fat	12.5 g	6.4 g	Saturated fat	5.8 g	2.9 g
Carbohydrate	16.0 g	8.2 g	Sugars	11.0 g	5.6 g	Fibre	8.7 g	4.4 g
Sodium	185 mg	94 mg						

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.

Delivery and storage

Free standard shipping on eligible orders of A\$200 or more. Standard shipping is A\$19.95 below A\$200. Check your postcode and delivery schedule ; choose an available delivery date at checkout.

Follow the storage and preparation instructions on the product packaging. For guidance, visit heating and storage FAQs . Different products have different preparation requirements.

Questions about this product

Where are the ingredients and allergens?

The product details above reproduce the current online ingredients and allergen information. Always check your delivered pack, including any “may contain” declaration.

Does this order qualify for free shipping?

Eligible orders totalling A\$200 or more qualify for free standard shipping. Below A\$200, standard shipping is A\$19.95. Check delivery coverage and options at checkout.

For help with this product, call 1300 263 257 or email support@befitfood.com.au .

Explore related products

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