



Australia's Healthiest Breakfast Cereal

Herman Brot Protein Muesli

AUSTRALIA'S HEALTHIEST BREAKFAST CEREAL Herman Brot Protein Muesli LOW CARB | HIGH PROTEIN | LOW GI | 5 HEALTH STAR RATING | 3 DELICIOUS FLAVOURS When Herman Brot launched their Protein Muesli earlier this year, they knew they had a product that was nutritionally superior to other breakfast cereals on the market and one that would stand out from the rest. The highlight of the muesli is the amount of plant protein found in each serve. Peanut Candy = 21.2g/45g serve (47% protein) | Red Fruits = 19.8g/45g serve (44% protein) | Chocolate = 19.9g/45g serve (44% protein). The fact that the products are also Low Carb and Low GI, is what sets them apart from the other major brands and solidifies them as a clear winner when it comes to producing the most nutritional cereal on the market. Herman Brot Protein Muesli (Peanut Candy) - 21.2g protein | 7.7g carb | GI=30 Herman Brot Protein Muesli (Red Fruits) - 19.8g protein | 8.4g carb | GI=32 Herman Brot Protein Muesli (Chocolate) - 19.9g protein | 9.3g carb | GI=35 Herman Brot Protein muesli is being enjoyed by customers as a full serve breakfast cereal; a topper on Acai Bowls; mixed with yoghurt or as a dry snack eaten straight from the packet. The 5 Health Star Rating highlights even further how good this cereal is. Made with plant protein, the muesli is suitable for vegans, vegetarians and those looking for a natural based protein alternative. With low GI levels as well, it is also a suitable inclusion in the diet of people with Type 2 Diabetes. Herman Brot Protein Muesli is available in selected independent supermarket and health food stores across the country and can also be ordered online from the Herman Direct store at www.hermanbrot.com.au. Herman Brot also produces Lower Carb Bread and Lower Carb Pasta and is continuously developing new products under the umbrella "low carb, high protein, low GI."

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