



*healthy*

*tasty &*

*green*

# UNIQUE INGREDIENTS

our Shiitake mushroom

## What is it?

The Shiitake mushroom (*Lentinula Edodes*) is the second most common mushroom worldwide, and it's known mostly in Asia.

## Benefits

Shiitake is considered a medicinal mushroom, for all of its benefits on human health, such as:

- HELPS THE CORRECT FUNCTIONING OF THE IMMUNE SYSTEM
- HEPATOPROTECTIVE EFFECTS
- ANTIOXIDANT PROPERTIES
- ANTI-INFLAMMATORY PROPERTIES



## our Shiitake mushroom

The loBoscoVivo Shiitake mushroom, comes exclusively from Europe only from contractors bound to follow our Exclusive Organic Cultivation Method, integrated with the growth on oak wood substrate, which prevents any risk of toxicity. The peculiarity of loBoscoVivo Shiitake Mushrooms, other than its unmistakable umami taste, is the high content of vitamin D, in fact, due to our cultivation method, our Shiitake contains 300 times more vitamin D than other mushrooms.

Contained in all of our products! (except the ones with the presence of other mushrooms specified)



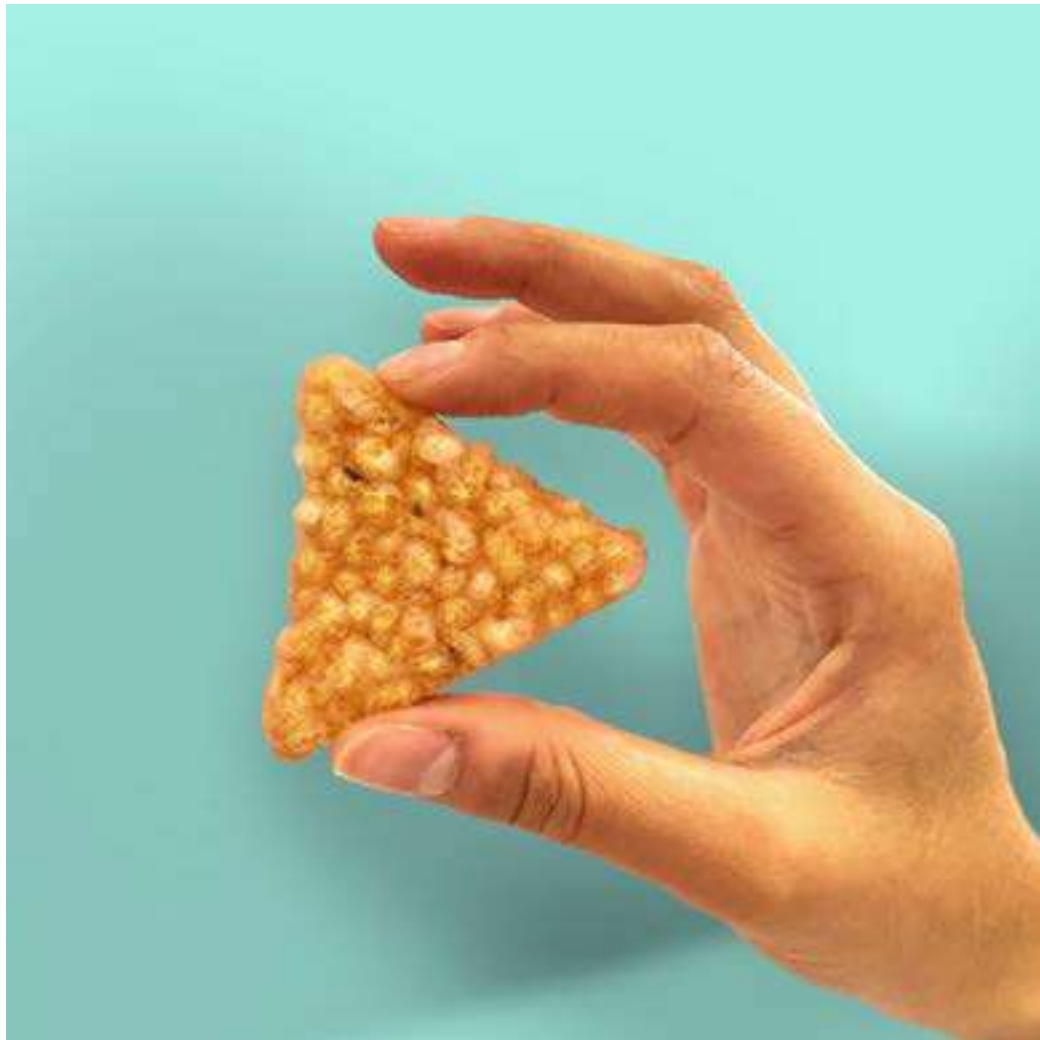
3 lines

...3 lifestyles



Classic Line

for every taste



BioFit Line

for sport lovers



Gourmet Line

for refined taste



*crackers &*

*salty snacks*

## Classic Line

## WHOLE WHEAT BREADSTICKS 50g TURMERIC

Tiny breadsticks with Shiitake mushroom, combined with the peculiar and spicy taste of turmeric; a practical and healthy snack, rich in vitamins and fibers!

### Ingredients:

Whole Spelled Flour; Extra virgin olive oil; High oleic sunflower oil; Shiitake mushroom (EU origin); Salt; Turmeric, Black pepper.

70%  
NRV
**VITAMIN D**  
in a single service

ORGANIC

VEGAN



SHELF LIFE: 16 MONTHS

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1905kJ/ 454kcal
<b>FAT</b>	16g
<b>Of which saturated</b>	2g
<b>CARBOHYDRATE</b>	64g
<b>Of which sugars</b>	1,1g
<b>Fibers</b>	4,8g
<b>Protein</b>	11g
<b>Salt</b>	1,7g
<b>Vitamin D</b>	7,03µg

## Classic Line

## WHOLE WHEAT BREADSTICKS 50g SUNFLOWER & PUMPKIN SEEDS

Tiny breadsticks with Shiitake mushroom and sunflower and pumpkin seeds; a practical and healthy snack, rich in vitamins and fibers!

### Ingredients:

Whole Spelled Flour; Extra virgin olive oil; Shiitake mushroom (EU origin); Sunflower seeds; Pumpkin seeds; Salt.

70%  
NRV
**VITAMIN D**  
in a single service

ORGANIC

VEGAN



SHELF LIFE: 12 MONTHS

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1884kJ/ 448kcal
<b>FAT</b>	15g
<b>Of which saturated</b>	2,2g
<b>CARBOHYDRATE</b>	62g
<b>Of which sugars</b>	1,3g
<b>Fibers</b>	4,6g
<b>Protein</b>	14g
<b>Salt</b>	1,6g
<b>Vitamin D</b>	6,98µg

## Classic Line

## WHOLE WHEAT BREADSTICKS 50g

### PAPRIKA

Tiny breadsticks with Shiitake mushroom, combined with the spicy flavour of paprika; a practical and healthy snack, rich in vitamins and fibers!

#### Ingredients:

Whole spelled flour; Extra virgin olive oil; Shiitake mushroom (EU origin); Spicy paprika; Salt.



32%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 16 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1756kJ/ 417kcal
<b>FAT</b>	12g
<b>Of which saturated</b>	1,7g
<b>CARBOHYDRATE</b>	62g
<b>Of which sugars</b>	0,7g
<b>Fibers</b>	7g
<b>Protein</b>	13g
<b>Salt</b>	1,6g
<b>Vitamin D</b>	3,21µg

## Classic Line

## WHOLE WHEAT BREADSTICKS 50g ROSEMARY

Tiny breadsticks with Shiitake mushroom and the fragrant taste of rosemary; a practical and healthy snack, rich in vitamins and fibers!

### Ingredients:

Whole spelled flour, Extra virgin olive oil, Shiitake mushroom (EU origin); Salt, Rosemary .



32%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 16 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1764kJ/ 419kcal
<b>FAT</b>	12g
<b>Of which saturated</b>	1,8g
<b>CARBOHYDRATE</b>	63g
<b>Of which sugars</b>	0,4g
<b>Fibers</b>	7g
<b>Protein</b>	13g
<b>Salt</b>	1,7g
<b>Vitamin D</b>	3,26µg



Classic Line

## **WHOLE WHEAT CRACKERS 50g**

### **KALE**

Fragrant and crunchy crackers, with the peculiar taste of kale, and all of the nutrients given by our Shiitake mushroom. Ideal as a snack, or as a bread substitute.

coming soon



## BioFit Line

## WHOLE WHEAT CRACKERS 50g HEMP SEEDS

Tiny whole wheat crackers, with hemp seeds and shiitake mushroom, an ideal snack in-between workouts, rich in vegetal proteins, fibers and Vitamin D.

### Ingredients:

Wholemeal spelt flour, Tomato puree, Extra virgin olive oil, Shiitake mushroom (EU origin); Dehydrated olives paste, Salt, Oregano.

37%  
NRV
**VITAMIN D**  
in a single service

ORGANIC

VEGAN

24%

**PROTEIN**

**SHELF LIFE: 14 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1881kj/ 449kcal
<b>FAT</b>	17g
<b>Of which saturated</b>	2,5g
<b>CARBOHYDRATE</b>	46g
<b>Of which sugars</b>	0,9g
<b>Fibers</b>	8,2g
<b>Protein</b>	24g
<b>Salt</b>	1,7g
<b>Vitamin D</b>	7,44µg

BioFit Line

## **WHOLE WHEAT CRACKERS 50g** **PIZZA FLAVOUR**

Mini crackers, with the strong delicious taste of pizza and rich in protein and fibers.

*coming soon*



## Gourmet Line

## WHOLE WHEAT CRACKERS 25g OLIVE PASTE

Fragrant and crunchy crackers, with the peculiar presence of olive paste, a food by-product of the oil industry.

### Ingredients:

Wholemeal spelt flour, Tomato puree, Extra virgin olive oil, Shiitake mushroom (EU origin); Dehydrated olives paste, Salt, Oregano

with food by-product!  
\*see the last slides

35%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 14 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1606kj/ 382kcal
<b>FAT</b>	11g
<b>Of which saturated</b>	1,7g
<b>CARBOHYDRATE</b>	55g
<b>Of which sugars</b>	1,0g
<b>Fibers</b>	6,7g
<b>Protein</b>	12g
<b>Salt</b>	1,3g
<b>Vitamin D</b>	6,93µg



## Gourmet Line

## WHOLE WHEAT CRACKERS 25g FERMENTED BLACK GARLIC

Fragrant and crunghy crackers, with the peculiar taste of fermented black garlic.

### Ingredients:

Wholemeal spelt flour, Extra virgin olive oil, Shiitake mushroom (EU origin); Preparation based on fermented black garlic (black garlic 59%, water), Ginger powder, Salt.



38%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 16 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1740kj/ 417kcal
<b>FAT</b>	12g
<b>Of which saturated</b>	1,8g
<b>CARBOHYDRATE</b>	61g
<b>Of which sugars</b>	2,4g
<b>Fibers</b>	6,6g
<b>Protein</b>	13g
<b>Salt</b>	1,4g
<b>Vitamin D</b>	7,62µg

## Gourmet Line

## WHOLE WHEAT CRACKERS 25g GRAPE PEELS & SEEDS

Fragrant nuvole, a particular type of cracker with a crunchy texture, and the peculiar presence of grape peels and seeds, a superfood by-product of the wine production.

### Ingredients:

Wholemeal spelt flour; Extra virgin olive oil; Shiitake mushroom (EU origin); Grape peel flour; Grape seed flour; Brewer's yeast; Salt.

with food by-product!

\*see the last slides

37%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1715kj/ 408kcal
<b>FAT</b>	12g
<b>Of which saturated</b>	1,8g
<b>CARBOHYDRATE</b>	58g
<b>Of which sugars</b>	0,6g
<b>Fibers</b>	10g
<b>Protein</b>	13g
<b>Salt</b>	1,3g
<b>Vitamin D</b>	7,44µg



Classic Line

# WHOLE RICE CAKES 50g QUINOA

Fragrant small rice cakes, super crunchy and gluten free. The perfect snack for everyone!

### Ingredients:

Brown rice; Quinoa; Shiitake mushroom (EU origin); Sea salt.



**15%  
NRV** **VITAMIN D**  
in a single service

**ORGANIC**

**VEGAN**

**GLUTEN FREE**

**PRESERVATIVES FREE**

**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1592kJ/ 375kcal
<b>FAT</b>	1g
<b>Of which saturated</b>	0,3g
<b>CARBOHYDRATE</b>	83g
<b>Of which sugars</b>	0,5g
<b>Fibers</b>	1,6g
<b>Protein</b>	7,7g
<b>Salt</b>	1g
<b>Vitamin D</b>	1,5µg

Classic Line

# CORN CAKES 50g ROSEMARY

Fragrant small corn cakes, super crunchy and gluten free. The perfect snack for everyone!

### Ingredients:

Corn; Shiitake mushroom (EU origin); Rosemary; Sea salt.



**15% NRV** **VITAMIN D**  
in a single service

ORGANIC

VEGAN

GLUTEN FREE

PRESERVATIVES FREE

**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1592kJ/ 375kcal
<b>FAT</b>	1g
<b>Of which saturated</b>	0,3g
<b>CARBOHYDRATE</b>	83g
<b>Of which sugars</b>	0,5g
<b>Fibers</b>	1,6g
<b>Protein</b>	7,7g
<b>Salt</b>	1g
<b>Vitamin D</b>	1,5µg



Classic Line

**LEGUMES SNACK 15g**  
**LEGUMES**

Fragrant and crunchy legume stacks, light, tasty and gluten free.

coming soon



BioFit Line

**LEGUMES SNACK 15g**  
**PIZZA FLAVOR**

Legume triangles with the tasty flavor of pizza. Rich in protein and ideal for sport lovers.

*coming soon*





*biscuits &*

*sweet snacks*

## Classic Line

## WHOLE WHEAT BISCUITS 50g COCOA & DARK CHOCOLATE 70%

Fragrant sweet biscuits, ideal with a cup of coffee, to start your day, or as a quick snack to carry with you everywhere.

### Ingredients:

Whole Oat Flour; Whole Wheat Flour; Coconut Sugar, Extra Virgin Olive Oil; Tigernuts Flour, Cocoa powder, Shiitake mushroom (EU origin); Dark chocolate drops, High Oleic sunflower oil.

60%  
NRV
**VITAMIN D**  
in a single service

ORGANIC

VEGAN



SHELF LIFE: 12 MONTHS

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1813kJ/ 433kcal
<b>FAT</b>	18,9g
<b>Of which saturated</b>	3,9g
<b>CARBOHYDRATE</b>	52g
<b>Of which sugars</b>	15g
<b>Fibers</b>	7,2g
<b>Protein</b>	9,6g
<b>Salt</b>	0,10g
<b>Vitamin D</b>	6,00µg

## Classic Line

## WHOLE WHEAT BISCUITS 50g

### APPLE & TURMERIC

Fragrant sweet biscuits, ideal with a cup of coffee, to start your day, or as a quick snack to carry with you everywhere.

#### Ingredients:

Whole wheat flour; Coconut sugar, Extra virgin olive oil; Apple pieces, Tigernuts Flour, Shiitake mushroom (EU origin); Turmeric powder, High Oleic sunflower oil.



60%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1668kJ/ 398kcal
<b>FAT</b>	15g
<b>Of which saturated</b>	2,3g
<b>CARBOHYDRATE</b>	54g
<b>Of which sugars</b>	20g
<b>Fibers</b>	7,8g
<b>Protein</b>	7,2g
<b>Salt</b>	0,06g
<b>Vitamin D</b>	6,00µg

## Classic Line

## WHOLE WHEAT BISCUITS 50g COCONUT & ALMOND

Fragrant sweet biscuits, ideal with a cup of coffee, to start your day, or as a quick snack to carry with you everywhere.

### Ingredients:

Whole wheat flour; Coconut sugar, Extra virgin olive oil; Almond flour, Tigernuts flour, Coconut Rapè; Shiitake mushroom (EU origin); High Oleic sunflower oil.



60%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1853kJ/ 444kcal
<b>FAT</b>	23g
<b>Of which saturated</b>	5,8g
<b>CARBOHYDRATE</b>	47g
<b>Of which sugars</b>	14g
<b>Fibers</b>	7,8g
<b>Protein</b>	9g
<b>Salt</b>	0,06g
<b>Vitamin D</b>	6,00µg

## Classic Line

## GLUTEN FREE BISCUITS 40g

### APPLE & CHESTNUT

Fragrant sweet biscuits, in a gluten free variant. Ideal with a cup of coffee, to start your day, or as a quick snack to carry with you everywhere.

#### Ingredients:

Brown rice flour, Eggs, High Oleic sunflower oil, Coconut sugar, Corn starch, Chestnut flour, Dried apple kernels, Corn flour, Shiitake mushroom (EU origin); Guar seed flour, Salt, Raising agent.

22%  
NRV
**VITAMIN D**  
in a single service

ORGANIC



SHELF LIFE: 9 MONTHS

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	2079kJ/ 497kcal
<b>FAT</b>	25g
<b>Of which saturated</b>	2,7g
<b>CARBOHYDRATE</b>	60g
<b>Of which sugars</b>	33g
<b>Fibers</b>	3,3g
<b>Protein</b>	6,3g
<b>Salt</b>	0,83g
<b>Vitamin D</b>	2,70µg

## Classic Line

## GLUTEN FREE BISCUITS 40g

### GINGER & COCOA

Fragrant sweet biscuits, in a gluten free variant. Ideal with a cup of coffee, to start your day, or as a quick snack to carry with you everywhere.

#### Ingredients:

Eggs, High Oleic sunflower oil, Coconut sugar, Tigernuts, corn starch, Brown rice flour, Bitter cocoa powder, Corn flour, Shiitake mushroom (EU origin); Guar seed flour, Ginger, Salt, Raising agent.



22%  
NRV

**VITAMIN D**  
in a single service

ORGANIC



**SHELF LIFE: 9 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	2135kJ/ 511kcal
<b>FAT</b>	28g
<b>Of which saturated</b>	3,8g
<b>CARBOHYDRATE</b>	55g
<b>Of which sugars</b>	37g
<b>Fibers</b>	4,1g
<b>Protein</b>	7,7g
<b>Salt</b>	0,91g
<b>Vitamin D</b>	2,70µg



BioFit Line

## **WHOLE WHEAT BISCUITS 150g TIGERNUTS & CHOCOLATE DROPS**

Fragrant sweet biscuits, particularly rich in vegetal protein.

*coming soon*



Gourmet Line

# WHOLEMEAL BREADSTICKS 25g COVERED IN DARK CHOCOLATE 80%

Wholemeal breadsticks, with a delicious cover of dark chocolate 80%.

### Ingredients:

Dark chocolate 54,33% minimum cocoa 80%; Whole wheat spelt flour, Extra virgin olive oil, Shiitake mushroom (EU origin); Salt.



**16% NRV** **VITAMIN D**  
in a single service

**ORGANIC** **VEGAN**

**100% WHOLE FLOUR** **NO YEAST**

**PRESERVATIVES FREE** **LACTOSE FREE**

**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	2131kj/ 511kcal
<b>FAT</b>	30g
<b>Of which saturated</b>	14g
<b>CARBOHYDRATE</b>	46g
<b>Of which sugars</b>	13g
<b>Fibers</b>	8,3g
<b>Protein</b>	11g
<b>Salt</b>	0,82g
<b>Vitamin D</b>	3,21µg



*COUS COUS*

*rice &*

*pasta*

## Classic Line

## COUS COUS 70g ALMOND & RAISINS

Our cous cous is a fresh, healthy choice for quick and healthy meal.

### Preparation:

Pour the contents of the bag into a bowl, add 100ml of water and 2 tablespoons of extra virgin olive oil and cook in the microwave at medium power for about a minute and a half (or in a hot pan). Shell with a fork and serve

### Ingredients:

Brown rice and cauliflower cous cous (brown rice flour, cauliflower powder), Dehydrated zucchini, Almond flour, Shiitake mushroom (EU origin); Raisins sultanas, Salt.



116%  
NRV

**VITAMIN D**  
in a single service



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1603kJ/ 381kcal
<b>FAT</b>	9,4g
<b>Of which saturated</b>	1,5g
<b>CARBOHYDRATE</b>	56g
<b>Of which sugars</b>	11g
<b>Fibers</b>	9,0g
<b>Protein</b>	14g
<b>Salt</b>	1,46g
<b>Vitamin D</b>	8,29µg

## Classic Line

## COUS COUS 70g COCONUT & MINT

Our cous cous is a fresh, healthy choice for quick and healthy meal.

### Preparation:

Pour the contents of the bag into a bowl, add 100ml of water and 2 tablespoons of extra virgin olive oil and cook in the microwave at medium power for about a minute and a half (or in a hot pan). Shell with a fork and serve

### Ingredients:

Corn and beetroot cous cous 67.1% (corn flour, beet powder), Dehydrated zucchini, Coconut Rapè, Shiitake mushroom (EU origin); Dried mint, Salt.

116%  
NRV
**VITAMIN D**  
in a single service

ORGANIC

VEGAN



SHELF LIFE: 12 MONTHS

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1606kJ/ 381kcal
<b>FAT</b>	7,9g
<b>Of which saturated</b>	5,5g
<b>CARBOHYDRATE</b>	61g
<b>Of which sugars</b>	9,0g
<b>Fibers</b>	6,7g
<b>Protein</b>	13g
<b>Salt</b>	1,5g
<b>Vitamin D</b>	8,29µg

Classic Line

# COUS COUS 70g ZUCCHINI & CURRY

Our cous cous is a fresh, healthy choice for quick and healthy meal.

### Preparation:

Pour the contents of the bag into a bowl, add 100ml of water and 2 tablespoons of extra virgin olive oil and cook in the microwave at medium power for about a minute and a half (or in a hot pan). Shell with a fork and serve

### Ingredients:

Brown rice and cauliflower cous cous (brown rice flour, cauliflower powder), Dehydrated zucchini, Shiitake mushroom (EU origin), Cumin, Salt.



**116% NRV** **VITAMIN D**  
in a single service



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1514kJ/ 359kcal
<b>FAT</b>	4,5g
<b>Of which saturated</b>	1,4g
<b>CARBOHYDRATE</b>	61g
<b>Of which sugars</b>	7,5g
<b>Fibers</b>	9,1g
<b>Protein</b>	14g
<b>Salt</b>	1,6g
<b>Vitamin D</b>	8,29µg



## BioFit Line

# COUS COUS 70g SPICY PAPRIKA

Our cous cous is a fresh, healthy choice for quick and healthy meal.

### Preparation:

Pour the contents of the bag into a bowl, add 100ml of water and 2 tablespoons of extra virgin olive oil and cook in the microwave at medium power for about a minute and a half (or in a hot pan). Shell with a fork and serve

### Ingredients:

Corn and beetroot cous cous (corn flour, beetroot powder 10%), Pea protein powder, Shiitake mushroom (EU origin); Paprika, Thyme, Salt.

116%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN

25%

**PROTEIN**



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1540kj/ 364kcal
<b>FAT</b>	2,3g
<b>Of which saturated</b>	0,6g
<b>CARBOHYDRATE</b>	58g
<b>Of which sugars</b>	3,9g
<b>Fibers</b>	4,9g
<b>Protein</b>	25g
<b>Salt</b>	2,1g
<b>Vitamin D</b>	8,29µg



## Gourmet Line

# RISOTTO 200g PUMPKIN & IGP HAZELNUT

All the taste of a homemade risotto, ready in only 10 minutes.

### Preparation:

Pour the contents of the bag and 550 ml of cold water into a saucepan. Stir and bring to a boil. Cook uncovered for 10 minutes over medium heat, stirring occasionally, until the water is completely absorbed; add two tablespoons of extra virgin olive oil and serve.

### Ingredients:

Parboiled rice Ribe; Brown rice flour; Shiitake mushroom (EU origin); Pumpkin dried in pieces; Hazelnut flour of Piedmont IGP; Sea salt.

**116%  
NRV** **VITAMIN D**  
per 100g



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1544kj/ 365kcal
<b>FAT</b>	3,3g
<b>Of which saturated</b>	0,6g
<b>CARBOHYDRATE</b>	74g
<b>Of which sugars</b>	2,9g
<b>Fibers</b>	2,8g
<b>Protein</b>	8,7g
<b>Salt</b>	1,5g
<b>Vitamin D</b>	5,80µg



Gourmet Line

# RISOTTO 200g BLACK CABBAGE & OLIVES

All the taste of a homemade risotto, ready in only 10 minutes.

### Preparation:

Pour the contents of the bag and 550 ml of cold water into a saucepan. Stir and bring to a boil. Cook uncovered for 10 minutes over medium heat, stirring occasionally, until the water is completely absorbed; add two tablespoons of extra virgin olive oil and serve.

### Ingredients:

Parboiled Ribe rice; Brown rice flour; Shiitake mushroom (EU origin); Dried cabbage in pieces; dried Black olives in rounds; Sea salt.



**116% NRV** VITAMIN D per 100g



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1521kj/ 359kcal
<b>FAT</b>	2,2g
<b>Of which saturated</b>	0,5g
<b>CARBOHYDRATE</b>	75g
<b>Of which sugars</b>	0,5g
<b>Fibers</b>	2,7g
<b>Protein</b>	8,8g
<b>Salt</b>	1,2g
<b>Vitamin D</b>	5,80µg

## Classic Line

# LEGUMES PASTA 250g RED LENTILS

Gluten-free pasta, tasty and rich in protein and fibers. Suitable for every meal.

### Cooking time:

Ready in only 4 minutes.

### Ingredients:

Red lentil flour; Shiitake mushroom flour (EU origin).



32%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 36 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1520kJ/ 358kcal
<b>FAT</b>	2,1g
<b>Of which saturated</b>	0,6g
<b>CARBOHYDRATE</b>	59g
<b>Of which sugars</b>	1,2g
<b>Fibers</b>	14g
<b>Protein</b>	26g
<b>Salt</b>	0,03g
<b>Vitamin D</b>	1,6µg



## BioFit Line

# PROTEIC LEGUMES PASTA 250g BLACK BEANS

Gluten-free pasta, prepared with natural refined ingredients, and the addition of isolated pea protein.

### Cooking time:

Ready in only 7 minutes.

### Ingredients:

Brown rice flour, Pea protein isolate, Black bean flour, Shiitake mushroom flour (EU origin).

**32% NRV** VITAMIN D  
per 100g

ORGANIC VEGAN

**33%** PROTEIN

PRESERVATIVES FREE GLUTEN FREE

**SHELF LIFE: 36 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1591kj/ 376kcal
<b>FAT</b>	1,7g
<b>Of which saturated</b>	0,3g
<b>CARBOHYDRATE</b>	54g
<b>Of which sugars</b>	1,1g
<b>Fibers</b>	6,5g
<b>Protein</b>	33g
<b>Salt</b>	0,01g
<b>Vitamin D</b>	1,6µg

BioFit Line

# PROTEIC LEGUMES PASTA 250g RED LENTILS

Gluten-free pasta, prepared with natural refined ingredients, and the addition of isolated pea protein.

**Cooking time:**

Ready in only 6 minutes.

**Ingredients:**

Brown rice flour, Isolated pea protein, Red lentil flour, Shiitake mushroom flour (EU origin).



**32% NRV VITAMIN D per 100g**

**ORGANIC VEGAN**

**35% PROTEIN**

**PRESERVATIVES FREE GLUTEN FREE**

**SHELF LIFE: 36 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1615kj/ 381kcal
<b>FAT</b>	1,8g
<b>Of which saturated</b>	0,3g
<b>CARBOHYDRATE</b>	54g
<b>Of which sugars</b>	1,1g
<b>Fibers</b>	3,9g
<b>Protein</b>	35g
<b>Salt</b>	0,01g
<b>Vitamin D</b>	1,6µg



## Gourmet Line

# PROTEIC LEGUMES PASTA 250g GRAPE PEELS & CHICKPEA

Gluten-free pasta, prepared with natural ingredients, and the addition of an incredible superfood by-product such as grape peels.

### Cooking time:

Ready in only 6 minutes.

### Ingredients:

Whole grain rice flour, Chickpea flour, Shiitake mushroom flour (EU origin), Grape peel flour.

*with food by-product!*  
\*see the last slides

**32% NRV** **VITAMIN D**  
per 100g



**SHELF LIFE: 36 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1577kj/ 372kcal
<b>FAT</b>	3,2g
<b>Of which saturated</b>	0,9g
<b>CARBOHYDRATE</b>	74g
<b>Of which sugars</b>	0,8g
<b>Fibers</b>	6g
<b>Protein</b>	12g
<b>Salt</b>	0g
<b>Vitamin D</b>	1,6µg

Classic Line

# PIZZA BASE 300g (2 x 150g) WHOLE SPELT FLOUR

Preparing pizza is always demanding and tiring? This pizza base is a healthy and quick solution to the problem! Fill it with whatever you like, and cook for only 10 minutes.

### Preparation:

Fill the base with the desired ingredients, and cook in a preheated oven at 220°C for 8/10 minutes.

### Ingredients:

Whole spelt flour, White spelled flour, Water, Shiitake mushroom flour (origine UE), Brewer's yeast, Extra virgin olive oil, Salt, Spelt sour dough.

**SHELF LIFE: 9 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1073kJ/ 259kcal
<b>FAT</b>	4g
<b>Of which saturated</b>	0,8g
<b>CARBOHYDRATE</b>	48g
<b>Of which sugars</b>	1,4g
<b>Fibers</b>	6,9g
<b>Protein</b>	9,8g
<b>Salt</b>	1,3g





*sweet*

*formulations*

# IT'S ALL VEGAN

vegan alternatives for our formulations

Each one of our formulations has the “vegan” symbol, in fact we studied a vegan alternative for every case.

## Aquafaba

Wherever you will need an egg to prepare the formula (pancakes and mug cakes) it's possible to replace it with 3 tablespoons of aquafaba, obtaining the same results and taste.

## Vegetable milk

In all of our formulas that require the addition of milk, it's possible to use vegetable milk instead, following the same instructions.

In particular, we suggest soy or oat milk with no added sugars, in order to maintain the taste and sugar levels of the original formula; we discourage you to use rice milk, due to its sweet and strong flavour.





## Classic Line

## PORRIDGE 40g COCONUT & MINT

To start your day with the right amount of energy, a delicious porridge, with the fresh taste of mint and coconut.

### Preparation:

Pour the contents of a pack into a pot with 150ml of cow's milk or vegetable drink, and cook over low heat for 5-10min or in the microwave for 1-2 minutes at maximum power (800w)

### Ingredients:

Gluten-free oat flakes, Coconut Rapè, Shiitake mushroom (EU origin), Dried mint.

96%  
NRV
**VITAMIN D**  
in a single service

ORGANIC

VEGAN



SHELF LIFE: 12 MONTHS

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1822kJ/ 436kcal
<b>FAT</b>	19g
<b>Of which saturated</b>	14g
<b>CARBOHYDRATE</b>	47g
<b>Of which sugars</b>	2,7g
<b>Fibers</b>	12g
<b>Protein</b>	12g
<b>Salt</b>	0,04g
<b>Vitamin D</b>	12,00µg

Gourmet Line

# PORRIDGE 40g BLACK CURRANT, CHOCOLATE 70% & CHIA

To start your day with the right amount of energy, a delicious porridge, quick to prepare and made with the best ingredients, such as Black currant and Dark chocolate 70%.

### Preparation:

Pour the contents of a pack into a pot with 150m of cow's milk or vegetable drink, and cook over low heat for 5-10min or in the microwave for 1-2 minutes at maximum power (800w)

### Ingredients:

Gluten-free oat flakes, Dark chocolate 70% drops, Freeze-dried Blackcurrant, Chia seed, Shi-itate mushroom (EU origin).



**96% NRV** **VITAMIN D**  
in a single service



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1682kj/ 402kcal
<b>FAT</b>	15g
<b>Of which saturated</b>	5g
<b>CARBOHYDRATE</b>	48g
<b>Of which sugars</b>	9,9g
<b>Fibers</b>	12g
<b>Protein</b>	13g
<b>Salt</b>	0,02g
<b>Vitamin D</b>	12,00µg



Gourmet Line

# PORRIDGE 40g RASPBERRY & HERICIUM

To start your day with the right amount of energy, a delicious porridge, quick to prepare and made with the best ingredients, such as the rare Hericium mushroom.

### Preparation:

Pour the contents of a pack into a pot with 150m of cow's milk or vegetable drink, and cook over low heat for 5-10min or in the microwave for 1-2 minutes at maximum power (800w)

### Ingredients:

Gluten-free oat flakes, Tigernuts Flakes, Coconut Rapè, Freeze-dried raspberry powder, Hericium mushroom flour.

**SHELF LIFE: 12 MONTHS**



NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1753kj/ 419kcal
<b>FAT</b>	16g
<b>Of which saturated</b>	8,7g
<b>CARBOHYDRATE</b>	49g
<b>Of which sugars</b>	9,5g
<b>Fibers</b>	16g
<b>Protein</b>	11g
<b>Salt</b>	0,02g



## Gourmet Line

# PORRIDGE 40g IGP HAZELNUT & DARK CHOCOLATE 70%

To start your day with the right amount of energy, a delicious porridge, quick to prepare and made with the best ingredients, such as Piedmont IGP Hazelnut.

### Preparation:

Pour the contents of a pack into a pot with 150ml of cow's milk or vegetable drink, and cook over low heat for 5-10min or in the microwave for 1-2 minutes at maximum power (800w)

### Ingredients:

Gluten-free oat flakes, Piedmont Hazelnut IGP Flour, Dark chocolate chips 70%, Shiitake mushroom (EU origin), Bitter cocoa.

**96% NRV** **VITAMIN D**  
in a single service



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1883kj/ 450kcal
<b>FAT</b>	20g
<b>Of which saturated</b>	5,8g
<b>CARBOHYDRATE</b>	48g
<b>Of which sugars</b>	5,2g
<b>Fibers</b>	10g
<b>Protein</b>	14g
<b>Salt</b>	0,07g
<b>Vitamin D</b>	12,00µg



## BioFit Line

# PORRIDGE 40g DARK CHOCOLATE 70% & COFFEE

To start your day with the right amount of energy, a delicious porridge, quick to make and rich in protein and fibers.

### Preparation:

Pour the contents of a pack into a pot with 150ml of cow's milk or vegetable drink, and cook over low heat for 5-10min or in the microwave for 1-2 minutes at maximum power (800w)

### Ingredients:

Gluten-free oat flakes, Pea protein powder, Dark chocolate drops, Shiitake mushroom (EU origin), Freeze-dried coffee.

**SHELF LIFE: 12 MONTHS**

**96% NRV** **VITAMIN D**  
in a single service

**ORGANIC** **VEGAN**

**27%** **PROTEIN**



NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1604kj/ 381kcal
<b>FAT</b>	9,8g
<b>Of which saturated</b>	3,6g
<b>CARBOHYDRATE</b>	43g
<b>Of which sugars</b>	3,9g
<b>Fibers</b>	6,2g
<b>Protein</b>	27g
<b>Salt</b>	0,57g
<b>Vitamin D</b>	12,00µg

## Classic Line

## MUG CAKE 60g

### COFFEE & DARK CHOCOLATE 70% DROPS

A cake... in a mug. Ready in 2 minutes, rich in vegetal protein and fibers.

#### Preparation:

Pour two tablespoons of water and an egg (or 3 tablespoons of aquafaba) into a cup and mix it vigorously with a fork or whisk. While mixing add rest of the contents of one pack. Cook in the microwave for 2 minutes at maximum power (800w), or in an oven for 20 minutes.

#### Ingredients:

Chestnut flour, Tigernuts Flour, Chocolate chips 70%, Coconut sugar, Shiitake mushroom (EU origin), Raising agent, Freeze-dried coffee.



96%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1709kJ/ 407kcal
<b>FAT</b>	15g
<b>Of which saturated</b>	6g
<b>CARBOHYDRATE</b>	57g
<b>Of which sugars</b>	29g
<b>Fibers</b>	7g
<b>Protein</b>	6,2g
<b>Salt</b>	0,15g
<b>Vitamin D</b>	8,00µg



## BioFit Line

# MUG CAKE 60g APPLE & TURMERIC

A cake... in a mug. Ready in 2 minutes, rich in vegetal protein and fibers.

### Preparation:

Pour two tablespoons of water and an egg (or 3 tablespoons of aquafaba) into a cup and mix it vigorously with a fork or whisk. While mixing add rest of the contents of one pack. Cook in the microwave for 2 minutes at maximum power (800w), or in an oven for 20 minutes.

### Ingredients:

Tigernuts Flour, Pea protein powder, Dried apple pieces, Erythritol, Shiitake mushroom (EU origin), Raising agent, Turmeric.

**96% NRV** **VITAMIN D**  
in a single service

**ORGANIC** **VEGAN**

**35% PROTEIN**



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1667kj/ 397kcal
<b>FAT</b>	12g
<b>Of which saturated</b>	2,7g
<b>CARBOHYDRATE</b>	41g
<b>Of which sugars</b>	26g
<b>Di cui polialcoholes</b>	10g
<b>Fibers</b>	8g
<b>Protein</b>	20g
<b>Salt</b>	0,59g
<b>Vitamin D</b>	8,00µg

## Gourmet Line

## MUG CAKE 60g

### PISTACHIO & DARK CHOCOLATE 70%

A cake... in a mug. Ready in 2 minutes, with the delicious taste of pistachio and chocolate.

#### Preparation:

Pour two tablespoons of water and an egg (or 3 tablespoons of aquafaba) into a cup and mix it vigorously with a fork or whisk. While mixing add rest of the contents of one pack. Cook in the microwave for 2 minutes at maximum power (800w), or in an oven for 20 minutes.

#### Ingredients:

Tigernuts Flour, Dark Chocolate 70% Drops, Coconut sugar, Pistachio grain, Bitter cocoa, Shi-itate mushroom (EU origin), Raising agent.

96%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1864kj/ 447kcal
<b>FAT</b>	23g
<b>Of which saturated</b>	7,1g
<b>CARBOHYDRATE</b>	46g
<b>Of which sugars</b>	24g
<b>Fibers</b>	11g
<b>Protein</b>	8,9g
<b>Salt</b>	0,15g
<b>Vitamin D</b>	8,00µg





## Classic Line

## DORAYAKI 40g CHESTNUT

Dried formulation for japanese pancakes, a tasty breakfast, with no added sugars.

### Preparation:

Add the contents of a pack to 200ml of water and a tablespoon of extra virgin olive oil. Leave to rest for a few minutes, then cook in a hot pan pouring the batter in spoonfuls, cooking one side at a time, until bubbles form.

### Ingredients:

Chestnut flour (45%), Chickpea flour, Shiitake mushroom (EU origin); Cocoa powder.



96%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1513kJ/ 359kcal
<b>FAT</b>	5,6g
<b>Of which saturated</b>	1,4g
<b>CARBOHYDRATE</b>	58g
<b>Of which sugars</b>	14g
<b>Fibers</b>	9,6g
<b>Protein</b>	14g
<b>Salt</b>	0,03g
<b>Vitamin D</b>	12,00µg



## BioFit Line

# PANCAKE 40g COCONUT

Dried formulation for sweet, tasty and easy pancakes. Rich in protein, Fibers and Vitamin D.

### Preparation:

Beat an egg with a whisk or a fork (or add 3 tablespoons of aquafaba instead). Add the contents of a bag and 40ml of cow's milk or veggy drink and mix well until you get a smooth batter. Cook in a pan with a lid, pouring the batter in spoonfuls. Cook one side at a time.

### Ingredients:

Tigernuts Flour, Pea protein powder, Coconut Rapè, Erythritol, Raising agent, Shiitake mushroom (EU origin).

**64% NRV** **VITAMIN D**  
in a single service

**ORGANIC** **VEGAN**

**26%** **PROTEIN**



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1670kj/ 400kcal
<b>FAT</b>	18g
<b>Of which saturated</b>	10,4g
<b>CARBOHYDRATE</b>	22g
<b>Of which sugars</b>	6,7g
<b>Fibers</b>	6g
<b>Protein</b>	26g
<b>Salt</b>	0,95g
<b>Vitamin D</b>	8,00µg



## Gourmet Line

# PANCAKE 40g COFFEE & CAROB

Dried formulation for coffee and carob pancakes, sweet, tasty and easy to make.

### Preparation:

Beat an egg with a whisk or a fork (or add 3 tablespoons of aquafaba instead). Add the contents of a bag and 40ml of cow's milk or veggy drink and mix well until you get a smooth batter. Cook in a pan with a lid, pouring the batter in spoonfuls. Cook one side at a time.

### Ingredients:

Tigernuts Flour; Carob pulp flour; Raising agent; Shiitake mushroom (EU origin); Freeze-dried coffee.

**64% NRV** **VITAMIN D**  
in a single service



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1692kj/ 404kcal
<b>FAT</b>	14g
<b>Of which saturated</b>	3,0g
<b>CARBOHYDRATE</b>	55g
<b>Of which sugars</b>	24g
<b>Fibers</b>	19g
<b>Protein</b>	5,8g
<b>Salt</b>	0,19g
<b>Vitamin D</b>	8,00µg

Classic Line

# HOT CHOCOLATE 35g CHESTNUT & DARK CHOCOLATE 70%

Dried formulation for a quick and healthy hot Chocolate with Chestnut and dark chocolate drops 70%.

### Preparation:

Mix the contents of a pack with 150ml of cow's milk or vegetable drink. Cook for a few minutes over low heat until it reaches the desired consistency.

### Ingredients:

Bitter cocoa; Chestnut flour; Chocolate chips 70% (cocoa mass, cane sugar, cocoa butter, cocoa powder- cocoa 70% minimum); Shiitake mushroom (EU origin).



**46% NRV** VITAMIN D  
in a single service



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1658kJ/ 397kcal
<b>FAT</b>	13g
<b>Of which saturated</b>	7,6g
<b>CARBOHYDRATE</b>	41g
<b>Of which sugars</b>	14g
<b>Fibers</b>	25g
<b>Protein</b>	16g
<b>Salt</b>	0,16g
<b>Vitamin D</b>	6,63µg

Classic Line

# HOT CHOCOLATE 35g CINNAMON & DARK CHOCOLATE 70%

Dried formulation for a quick and healthy hot Chocolate with Cinnamon and dark chocolate drops 70%.

### Preparation:

Mix the contents of a pack with 150ml of cow's milk or vegetable drink. Cook for a few minutes over low heat until it reaches the desired consistency.

### Ingredients:

Bitter cocoa; 70% chocolate chips; Erythritol; Potato starch; Shiitake mushroom (EU origin); Cinnamon powder.



**46% NRV** **VITAMIN D**  
in a single service



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1454kJ/ 348kcal
<b>FAT</b>	14g
<b>Of which saturated</b>	8,4g
<b>CARBOHYDRATE</b>	32g
<b>Of which sugars</b>	8g
<b>Of which polyalcoholes</b>	17g
<b>Fibers</b>	20g
<b>Protein</b>	14g
<b>Salt</b>	0,16g
<b>Vitamin D</b>	6,63µg



*salty*

*formulations*

## Classic Line

## VEG BURGER 70g CURRY

Dried formulation to prepare in a few minutes a healthy and delicious vegan burger, rich in protein, Vitamin D and fibers.

### Preparation:

Add 110ml of water and a tablespoon of extra virgin olive oil. Leave to rest for a few minutes, then make two medallions with the help of a spoon. Cook in a hot pan for a few minutes.

### Ingredients:

Lupin flour; Textured granular soybean; Potato starch; Shiitake mushroom (EU origin); Curry (mustard seeds, coriander, turmeric, cumin, fenugreek, salt, garlic, ginger, paprika, chili), Salt.



**116%  
NRV** **VITAMIN D**  
in a single service



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1379kJ/ 328kcal
<b>FAT</b>	4,7g
<b>Of which saturated</b>	1,1g
<b>CARBOHYDRATE</b>	29g
<b>Of which sugars</b>	5,4g
<b>Fibers</b>	15g
<b>Protein</b>	35g
<b>Salt</b>	1,6g
<b>Vitamin D</b>	8,29µg

## Classic Line

## VEG BURGER 70g CUMIN & LEMON

Dried formulation to prepare in a few minutes a healthy and delicious vegan burger, rich in protein, Vitamin D and fibers.

### Preparation:

Add 110ml of water and a tablespoon of extra virgin olive oil. Leave to rest for a few minutes, then make two medallions with the help of a spoon. Cook in a hot pan for a few minutes.

### Ingredients:

Brown rice and cauliflower couscous (brown rice flour, cauliflower powder); Chickpea flour; Potato starch; Shiitake mushroom (EU origin); Cumin seeds; Dried lemon; Salt.



**116%  
NRV** **VITAMIN D**  
in a single service



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1523kJ/ 361kcal
<b>FAT</b>	4,7g
<b>Of which saturated</b>	1,0g
<b>CARBOHYDRATE</b>	61g
<b>Of which sugars</b>	2,9g
<b>Fibers</b>	8,2g
<b>Protein</b>	14g
<b>Salt</b>	1,5g
<b>Vitamin D</b>	8,29µg



## Classic Line

## VEG BURGER 70g APPLE

Dried formulation to prepare in a few minutes a healthy and delicious vegan burger, rich in protein, Vitamin D and fibers.

### Preparation:

Add 110ml of water and a tablespoon of extra virgin olive oil. Leave to rest for a few minutes, then make two medallions with the help of a spoon. Cook in a hot pan for a few minutes.

### Ingredients:

Brown rice and cauliflower couscous (brown rice flour, cauliflower powder); Chickpea flour, Potato starch; Shiitake mushroom (EU origin); Dehydrated apple; Ginger; Salt.



**116% NRV** VITAMIN D  
in a single service



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1530kJ/ 362kcal
<b>FAT</b>	4,1g
<b>Of which saturated</b>	1,0g
<b>CARBOHYDRATE</b>	64g
<b>Of which sugars</b>	8,7g
<b>Fibers</b>	8g
<b>Protein</b>	13g
<b>Salt</b>	1,5g
<b>Vitamin D</b>	8,29µg

## Classic Line

## VEG BURGER 70g HEMP SEEDS

Dried formulation to prepare in a few minutes a healthy and delicious vegan burger, rich in protein, Vitamin D and fibers.

### Preparation:

Add 110ml of water and a tablespoon of extra virgin olive oil. Leave to rest for a few minutes, then make two medallions with the help of a spoon. Cook in a hot pan for a few minutes.

### Ingredients:

Corn and beetroot cous cous (corn flour, beet powder), Pregelatinized chickpea flour, Potato starch, Dehulled hemp seeds, Shiitake mushroom (EU origin), Salt.



**116%  
NRV** **VITAMIN D**  
in a single service



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1603kJ/ 380kcal
<b>FAT</b>	7,5g
<b>Of which saturated</b>	1,0g
<b>CARBOHYDRATE</b>	60g
<b>Of which sugars</b>	3,7g
<b>Fibers</b>	6g
<b>Protein</b>	14g
<b>Salt</b>	1,5g
<b>Vitamin D</b>	8,29µg

## BioFit Line

## VEG BURGER 70g HEMP SEEDS

Dried formulation to prepare in a few minutes a healthy and delicious vegan burger, rich in protein, Vitamin D and fibers.

### Preparation:

Add 110ml of water and a tablespoon of extra virgin olive oil. Leave to rest for a few minutes, then make two medallions with the help of a spoon. Cook in a hot pan for a few minutes.

### Ingredients:

Textured granulated soybean, Lupin flour, Potato starch, Hemp Seeds, Toasted pumpkin seed protein flour, Shiitake mushroom (EU origin); Salt.

116%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN

33%

**PROTEIN**



**SHELF LIFE: 12 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1578kj/ 376kcal
<b>FAT</b>	11g
<b>Of which saturated</b>	1,6g
<b>CARBOHYDRATE</b>	29g
<b>Of which sugars</b>	3,8g
<b>Fibers</b>	13g
<b>Protein</b>	33g
<b>Salt</b>	1,6g
<b>Vitamin D</b>	8,29µg



## Classic Line

# SOUP 35g FERMENTED BLACK GARLIC

Organic dried formulation based on Shiitake mushrooms to obtain a healthy delicious soup in only 2 minutes.

### Preparation:

Add the contents of the package to 270ml of water. Stir with the help of a whisk or spoon and bring to a boil, reduce the heat slightly and cook for 2 minutes.

### Ingredients:

Pre-gelatinized chickpea flour; Shiitake mushroom (EU origin); Black garlic powder; Salt.



139%  
NRV

**VITAMIN D**  
in a single service



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1405kJ/ 336kcal
<b>FAT</b>	5g
<b>Of which saturated</b>	0,8g
<b>CARBOHYDRATE</b>	50g
<b>Of which sugars</b>	4,2g
<b>Fibers</b>	8g
<b>Protein</b>	18g
<b>Salt</b>	3,0g
<b>Vitamin D</b>	19,89µg

## Classic Line

## SOUP 35g

### FENNEL SEEDS

Organic dried formulation based on Shiitake mushrooms to obtain a healthy delicious soup in only 2 minutes.

#### Preparation:

Add the contents of the package to 270ml of water. Stir with the help of a whisk or spoon and bring to a boil, reduce the heat slightly and cook for 2 minutes.

#### Ingredients:

Pre-gelatinized chickpeas flour; Shiitake mushroom (EU origin); Fennel seeds powder; Salt.



139%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1424kJ/ 341kcal
<b>FAT</b>	6g
<b>Of which saturated</b>	0,8g
<b>CARBOHYDRATE</b>	48g
<b>Of which sugars</b>	2,8g
<b>Fibers</b>	11g
<b>Protein</b>	19g
<b>Salt</b>	3g
<b>Vitamin D</b>	19,89µg

## Classic Line

## SOUP 35g COCONUT

Organic dried formulation based on Shiitake mushrooms to obtain a healthy delicious soup in only 2 minutes.

### Preparation:

Add the contents of the package to 270ml of water. Stir with the help of a whisk or spoon and bring to a boil, reduce the heat slightly and cook for 2 minutes.

### Ingredients:

Pre-gelatinized chickpeas flour, Shiitake mushroom (EU origin); Coconut flour; Ginger; Salt.



139%  
NRV

**VITAMIN D**  
in a single service



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1442kJ/ 345kcal
<b>FAT</b>	6g
<b>Of which saturated</b>	2,0g
<b>CARBOHYDRATE</b>	49g
<b>Of which sugars</b>	5,9g
<b>Fibers</b>	10g
<b>Protein</b>	19g
<b>Salt</b>	3g
<b>Vitamin D</b>	19,89µg

## Classic Line

## SOUP 35g

### CURRY

Organic dried formulation based on Shiitake mushrooms to obtain a healthy delicious soup in only 2 minutes.

#### Preparation:

Add the contents of the package to 270ml of water. Stir with the help of a whisk or spoon and bring to a boil, reduce the heat slightly and cook for 2 minutes.

#### Ingredients:

Chickpea flour; Shiitake mushroom (EU origin); Curry powder; Onion, Salt.



**139% NRV** **VITAMIN D**  
in a single service



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1422kJ/ 340kcal
<b>FAT</b>	5g
<b>Of which saturated</b>	0,8g
<b>CARBOHYDRATE</b>	50g
<b>Of which sugars</b>	5g
<b>Fibers</b>	9g
<b>Protein</b>	18g
<b>Salt</b>	3,2g
<b>Vitamin D</b>	19,89µg



*mushrooms &*

*dressings*



## Classic Line

## SHIITAKE MUSHROOM 8g DRIED & SLICED

From a careful selection of the finest raw materials, after drying at low temperatures, the Shiitake mushroom is packed in a protective atmosphere in order to maintain all its crunchiness and properties unchanged.

### Use:

Soak in water for 1 hour (15 minutes in hot water) and drain.

### Ingredients:

Shiitake mushroom (UE origin).



185%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	FOR 100g
<b>ENERGY</b>	1488kJ/ 351kcal
<b>FAT</b>	0,5g
<b>Of which saturated</b>	0,12g
<b>CARBOHYDRATE</b>	71g
<b>Of which sugars</b>	1,6g
<b>Fibers</b>	5,2g
<b>Protein</b>	18g
<b>Salt</b>	0,08g
<b>Vitamin D</b>	116µg

## Gourmet Line

## SHIITAKE MUSHROOM 20g DRIED & SLICED

From a careful selection of the finest raw materials, after drying at low temperatures, the Shiitake mushroom is packed in a protective atmosphere in order to maintain all its crunchiness and properties unchanged.

### Use:

Soak in water for 1 hour (15 minutes in hot water) and drain.

### Ingredients:

Shiitake mushroom (UE origin).



233%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	FOR 100g
<b>ENERGY</b>	1488kJ/ 351kcal
<b>FAT</b>	0,5g
<b>Of which saturated</b>	0,12g
<b>CARBOHYDRATE</b>	71g
<b>Of which sugars</b>	1,6g
<b>Fibers</b>	5,2g
<b>Protein</b>	18g
<b>Salt</b>	0,08g
<b>Vitamin D</b>	116µg

Classic Line

## SHIITAKE MUSHROOM 8g DRIED & GRANULATED

A granulated, ready-to-use version of our dried Shiitake mushroom.

**Use:**

Add 3 minutes before the end of cooking to any recipe.

**Ingredients:**

Shiitake mushroom (UE origin).



**185% NRV VITAMIN D**  
in a single service



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	FOR 100g
<b>ENERGY</b>	1488kJ/ 351kcal
<b>FAT</b>	0,5g
<b>Of which saturated</b>	0,12g
<b>CARBOHYDRATE</b>	71g
<b>Of which sugars</b>	1,6g
<b>Fibers</b>	5,2g
<b>Protein</b>	18g
<b>Salt</b>	0,08g
<b>Vitamin D</b>	116µg

## Classic Line

# STOCK CUBE 20g LEGUMES

Vegetal stock cubes with no added glutamate and a lower quantity of salt, in comparison with the conventional ones. Ideal for a soup, or to add flavour to you recipes.

### Use:

Dissolve one cube in 500ml of boiling water, helping yourself with a fork

### Ingredients:

Salt; Dehydrated vegetables in variable proportions ( onion, potato, tomato, garlic, carrot, kale, celery, parsley); Water; Corn maltodextrin; Vegetable protein of extract broth (corn, soya); Lentil meal; Rice starch; Corn flour; Chickpea flour; Shiitake mushroom (EU origin); Paprika; Bay leaf; Pepper.



**SHELF LIFE: 24 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	751kJ/ 178kcal
<b>FAT</b>	1g
<b>Of which saturated</b>	0,3g
<b>CARBOHYDRATE</b>	33g
<b>Of which sugars</b>	7,2g
<b>Fibers</b>	5,3g
<b>Protein</b>	6,5g
<b>Salt</b>	35g



## Classic Line

## STOCK CUBE 20g CURRY

Vegetal stock cubes with no added glutamate and a lower quantity of salt, in comparison with the conventional ones. Ideal for a soup, or to add flavour to you recipes.

### Use:

Dissolve one cube in 500ml of boiling water, helping yourself with a fork

### Ingredients:

Salt, Dehydrated vegetables (pumpkin, onion, potato, tomato, carrot) in variable proportions; corn maltodextrin; Water; Spices (paprika, coriander, cumin, turmeric, ginger, pepper) in variable proportions; Miso; Curry; Vegetable protein of extract broth; Rice starch; Shiitake mushroom (EU origin); Corn flour.



**SHELF LIFE: 24 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	748kJ/ 177kcal
<b>FAT</b>	1,3g
<b>Of which saturated</b>	0,1g
<b>CARBOHYDRATE</b>	35g
<b>Of which sugars</b>	7,8g
<b>Fibers</b>	4,7g
<b>Protein</b>	4g
<b>Salt</b>	31g



## Classic Line

## STOCK CUBE 20g

### SPIRULINA ALGAE

Vegetal stock cubes with no added glutamate and a lower quantity of salt, in comparison with the conventional ones. Ideal for a soup, or to add flavour to your recipes.

#### Use:

Dissolve one cube in 500ml of boiling water, helping yourself with a fork

#### Ingredients:

Salt; Miso; Corn maltodextrin; Dehydrated vegetables (pumpkin, onion, potato, carrot, kale) in variable proportions; Water; Rice; Starch; Ginger; Soy sauce; Corn flour; Shiitake mushroom (EU origin); Spirulina algae.



**SHELF LIFE: 24 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	767kJ/ 181kcal
<b>FAT</b>	1,2g
<b>Of which saturated</b>	0,4g
<b>CARBOHYDRATE</b>	35g
<b>Of which sugars</b>	8,4g
<b>Fibers</b>	4,3g
<b>Protein</b>	5,5g
<b>Salt</b>	30g

Classic Line

# SEASONING 8g HEMP SEEDS

Our seasonings based on Shiitake mushroom and refined ingredients, made to enrich every dish with nutrients and taste.

**Use:**

Add 3 minutes before the end of cooking in any recipe.

**Ingredients:**

Hulled hemp seeds; Shiitake mushroom (EU origin); Carrot; Turmeric.



**55% NRV** **VITAMIN D**  
in a single service

**ORGANIC** **VEGAN**

**NO ADDED SALT**

**PRESERVATIVES FREE** **GLUTEN FREE**

**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1940kJ/ 466kcal
<b>FAT</b>	28g
<b>Of which saturated</b>	2,7g
<b>CARBOHYDRATE</b>	29g
<b>Of which sugars</b>	7,6g
<b>Fibers</b>	11g
<b>Protein</b>	19g
<b>Salt</b>	0,3g
<b>Vitamin D</b>	34,80µg

Classic Line

# SEASONING 8g CHIA SEEDS

Our seasonings based on Shiitake mushroom and refined ingredients, made to enrich every dish with nutrients and taste.

**Use:**

Add 3 minutes before the end of cooking in any recipe.

**Ingredients:**

Black chia seeds; Shiitake mushroom (EU origin); Ginger; Turmeric.



**55% NRV** **VITAMIN D**  
in a single service



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	2022kJ/ 484kcal
<b>FAT</b>	19g
<b>Of which saturated</b>	2,2g
<b>CARBOHYDRATE</b>	53g
<b>Of which sugars</b>	8,1g
<b>Fibers</b>	22g
<b>Protein</b>	15g
<b>Salt</b>	0,27g
<b>Vitamin D</b>	34,80µg



## Classic Line

## SEASONING 8g COCONUT

Our seasonings based on Shiitake mushroom and refined ingredients, made to enrich every dish with nutrients and taste.

### Use:

Add 3 minutes before the end of cooking in any recipe.

### Ingredients:

Rapè coconut; Shiitake mushroom (EU origin); Dehydrated carrot; Turmeric.



55%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	2215kJ/ 530kcal
<b>FAT</b>	38g
<b>Of which saturated</b>	33g
<b>CARBOHYDRATE</b>	31g
<b>Of which sugars</b>	10g
<b>Fibers</b>	14g
<b>Protein</b>	8,8g
<b>Salt</b>	0,3g
<b>Vitamin D</b>	34,80µg

Classic Line

# SEASONING 8g APPLE

Our seasonings based on Shiitake mushroom and refined ingredients, made to enrich every dish with nutrients and taste.

**Use:**

Add 3 minutes before the end of cooking in any recipe.

**Ingredients:**

Dried apple; Shiitake mushroom (EU origin); Ginger; Onion.



**55% NRV** **VITAMIN D**  
in a single service

**ORGANIC** **VEGAN**



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	1334kJ/ 319kcal
<b>FAT</b>	2,2g
<b>Of which saturated</b>	0,6g
<b>CARBOHYDRATE</b>	65g
<b>Of which sugars</b>	42g
<b>Fibers</b>	7,6g
<b>Protein</b>	5,8g
<b>Salt</b>	0,26g
<b>Vitamin D</b>	34,80µg

## Classic Line

## SEASONING 8g HAZELNUT IGP

Our seasonings based on Shiitake mushroom and refined ingredients, made to enrich every dish with nutrients and taste.

### Use:

Add 3 minutes before the end of cooking in any recipe.

### Ingredients:

Flour of "Piedmont hazelnuts IGP"; Shiitake mushroom (EU origin); Carrot; Sage.



32%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	2228kJ/ 533kcal
<b>FAT</b>	38g
<b>Of which saturated</b>	3,3g
<b>CARBOHYDRATE</b>	30g
<b>Of which sugars</b>	6,5g
<b>Fibers</b>	5,6g
<b>Protein</b>	14g
<b>Salt</b>	0,30g
<b>Vitamin D</b>	34,80µg

## Classic Line

## SEASONING 8g ALMOND

Our seasonings based on Shiitake mushroom and refined ingredients, made to enrich every dish with nutrients and taste.

### Use:

Add 3 minutes before the end of cooking in any recipe.

### Ingredients:

Peeled almond flour; Shiitake mushroom (EU origin); Turmeric; Nutmeg.



55%  
NRV

**VITAMIN D**  
in a single service

ORGANIC

VEGAN



**SHELF LIFE: 18 MONTHS**

NUTRITIONAL VALUE	PER 100g
<b>ENERGY</b>	2128kJ/ 509kcal
<b>FAT</b>	33g
<b>Of which saturated</b>	4,1g
<b>CARBOHYDRATE</b>	32g
<b>Of which sugars</b>	6,7g
<b>Fibers</b>	8,5g
<b>Protein</b>	17g
<b>Salt</b>	0,28g
<b>Vitamin D</b>	34,80µg

# CIRCULAR ECONOMY

the food by-products we use

## Grape peels & seeds

Grape peels and seeds are a superfood by-product from wine production; resulting from grape pressing. Normally, these parts of the grape, not useful in the process, would go to waste; however, this raw material is an incredible source of nutrients. By utilising grape peels and seeds in our products, we enrich them with an incredible source of nutrients, while reducing food waste.

## Olive paste

Olive paste is a food by-products obtained from oil production. Once the olives are pressed, the remaining pulp, not necessary, would go to waste. This pulp is however an incredible superfood, rich in polifenoles.

We decided to utilise this by-product in our crackers, to take advantage of all it's nutrients and properties, meanwhile avoiding food waste.

## Try them here:



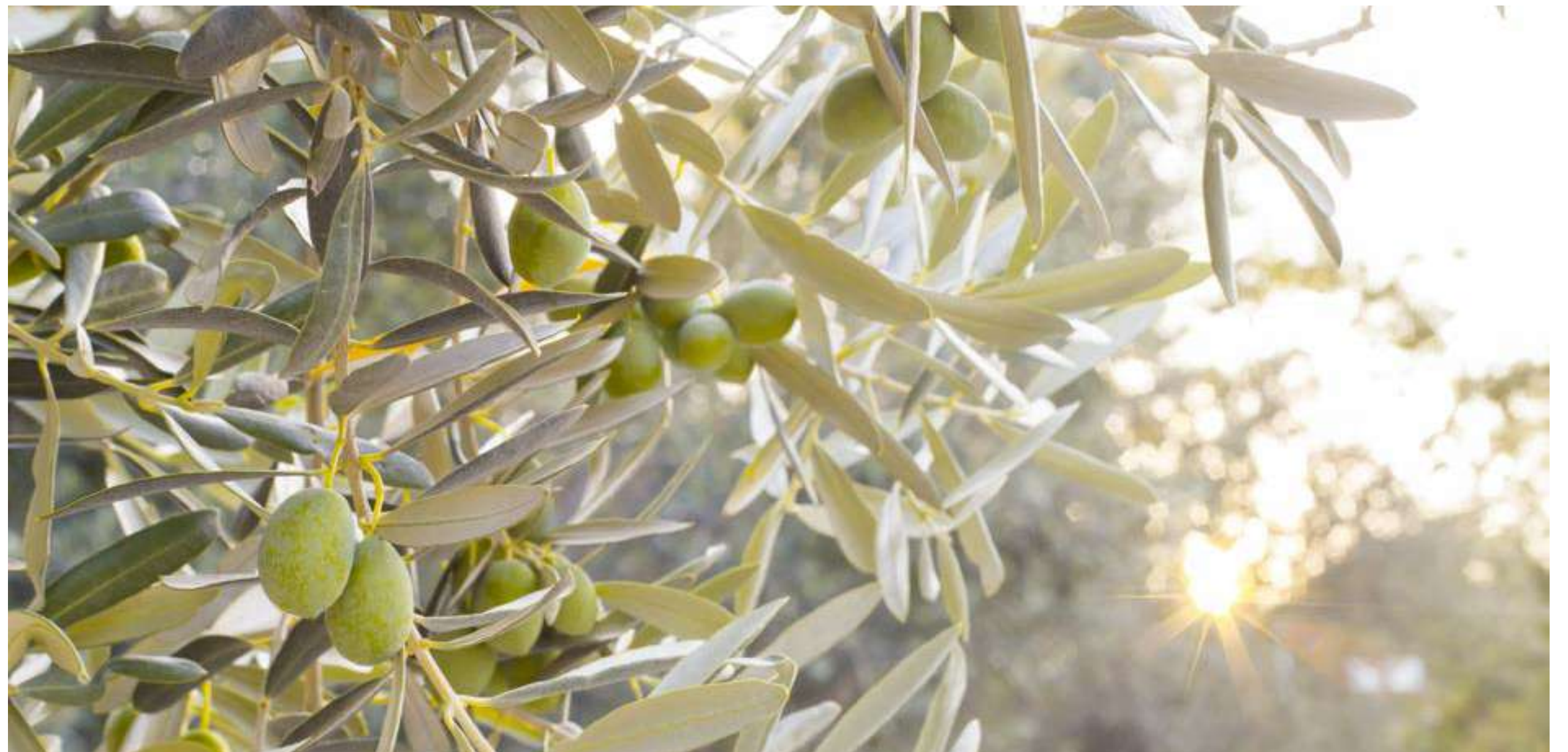
Nuvole with Grape peels and seeds



rice Pasta Chickpea & Grape peels



Whole wheat crackers with Olive paste



# UNIQUE INGREDIENTS

the Hericium mushroom



## What is it?

Called Hericium Erinaceus it's diffused in northern Europe, Asia and north America. It's an extremely rare edible mushroom; and it's very used in China and Japan for it's benefits on the nervous system and the cognitive apparatus.

## Benefits

This mushroom is considered a medicinal mushroom, because of it's benefits on our organism.

In particular:

- HELPS BALANCING THE INTESTINAL FLORA
- HAS A POSITIVE INFLUENCE ON STRESS, ANXIETY E MELANCHOLY
- PROTECTS NEURONES FROM SOME NEUROTOXIC SUBSTANCES
- ANTIOXIDANT PROPERTIES
- ANTI-INFLAMMATORY PROPERTIES



## Try it here:



Porridge Raspberry & Hericium mushroom

# CERTIFICATES

granted quality!

The quality and safety of our products are certified, we want to grant a safe and clear offer to all of our customers.

Here are all of our certificates:

## ORGANIC

A global management system for companies based on the interaction between the best environmental practice, high biodiversity, safeguard for natural resources, application of strict criteria regarding animal well being and a production founded on the use of natural substances and procedures, defined e controlled in Europe and national wide.

## ISO 22000:2018

International voluntary standard for the certification of management systems for food security (SGSA). The ISO22000 certificate has been designed to guarantee food security during the food processing process worldwide, allowing the company to show its capacity to control the risks of food security and ensuring that the food is safe for human consumption.

## ISO 14001:2015

The principal standard of management systems specifying the requirements of implementation and maintenance of a global environmental system. Helps to control environmental aspects, reduce the impact and guarantee legal compliance.





**ORGANIC SUPERFOOD SOLUTIONS**

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**Or visit our website**

[www.ioboscovivo.com](http://www.ioboscovivo.com)

*thank*

*you!*