



Our organic sweet delights!

Dear customers, distributors, consumers and business colleagues,

It may seem at times that by following a healthy lifestyle menu you are missing out on some of the more indulgent desserts and breakfasts. So why not try our « [Lifestyle Organic](#) » desserts and indulge in some luxury tasting convenient ready to cook recipes – here are just 3! We would like to introduce you today the organic rice pudding cherry/chocolate, organic millet porridge mango and the organic spelt porridge banana/Vanilla – 3 sweet ready-to-cook mixes. You will find more information on our home page about the other sweet ready-to-cook mixes, like the rice pudding, apple/cinnamon and semolina porridge, strawberry/cinnamon: <http://www.marap.at/en/ready-to-cook-mixes/ready-to-cook-sweet-delights.html>

All our ready-to-cook mixes are **without preservatives and artificial additives!** The ingredients are all organically grown. Thus, they are a healthy alternative to traditional sweet prepared foods. You need not use the whole ready-mix all at once, simply because all of our ready-mixes are packed in a handy re-sealable zipper bag.



ORGANIC RICE PUDDING, CHERRY/CHOCOLATE 200G

Who can say no to this? Hot, fragrant rice pudding with dried cherries, chocolate drops and pure cocoa! Spoil yourself and your loved ones and enjoy this wonderful sweet rice pudding as a meal or as a delicious dessert. Instant preparation for 2 persons: Stir in 100 g in 300 ml hot water, continue stirring, and in 5 minutes the rice pudding is ready!



ORGANIC MILLET PORRIDGE, MANGO 200G

Exotic mango pieces (dried), combined with millet flakes, refined with vanilla powder and raw sugar refreshes the atmosphere. All ready for cooking. It needs only 300ml of hot water (for 100g) and 3 minutes cooking time. The exotic-tasting dessert is ready.



ORGANIC SPELT PORRIDGE, BANANA/VANILLA 200G

Made out of fine spelt semolina and real dried banana pieces is our Organic Spelt Porridge. Flavoured with vanilla and raw sugar. Our Spelt porridge with spelt semolina offers an alternative to the traditional wheat based dishes. The combination of banana and vanilla is especially popular with young children.

Preparation time 3 minutes. Enjoy your meal!

Have we tickled your taste buds? If yes, then ask about our organic ready-to-cook mixes at an organic store nearby or order directly from our **online shop:** <http://shop.marap.at/en/lifestyle-organic/ready-to-cook-mixes.html> .



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