

# Pure Foods Instructions

## Storage

Frozen: use before expiry on pack.

If refrigerating, use within 4 weeks (the products have a 30 day long refrigerated shelf life). Once opened, use within 3 days. Do not use if seal is damaged or broken.

## Heating



Take the refrigerated pottle, open the lid halfway, then heat in microwave for 30sec, stir, then heat for a further 20sec or until nice and hot (dependent on your microwave)



Empty pack into a pot. Heat on high until nice & hot, stirring regularly.



No cooking, no blending. Simply heat & eat.

## Serving

Pure Food can be served on a plate, in a bowl or eaten from the pottle.

Serve 100g of protein + 100g of vegetable + 100g of carbohydrate to create a full, balanced meal.

## Texture

Our Pureed food is designed suitable for use with the IDDSI framework.

