



EZY CHEF 

100%
AUSTRALIAN
INGREDIENTS

Nourishing range

REDS

GREENS

FRUITS

FREEZE DRIED PUREE POWDER & PUREES

 Made in Australia
from 100% Australian
ingredients



- ✓ Nourishing Range
- ✓ Shelf Stable
- ✓ Cholesterol Free
- ✓ Very Convenient
- ✓ 100% Pure Australian Grown & Owned
- ✓ Natural source of Vitamins and Minerals

Ezy Chef / Nourishing Bubs premium NOURISHING RANGE has been crafted with a perfect blend of passion and science. Our aim is to make a positive difference in people's lives. The texture C modified NOURISHING RANGE is packed with natural goodness. Our unique process developed inhouse captures the produces' nourishing goodness to retain natural goodness.

Our NOURISHING RANGE is 100% Pure, with NO ADDITIVES; NO PRESERVATIVES; and NO COLOURING. We use 100% Australian grown vegetables & fruits that are sourced off the farm and packing sheds. We take away all the cumbersome tasks and create a 100% Pure texture modified Puree and freeze dried powder which retains versatility and is easy to use.

Early development of our texture modified processing technique was undertaken with CSIRO / Food Science Australia. Since our inception in 2008 we have evolved, developed and grown our product offering through consultation with Chefs; Production Managers; Food Service Managers; Nutritionists and Speech Pathologists with the Baby Care; Health & Well-being (Aged and Hospital Care) sectors in mind. Our NOURISHING RANGE meets with Texture C Smooth Puree guidelines (***Texture C Smooth Pureed - Food is smooth, moist and lump free, Australian Standards for Texture Modified Foods & Liquids**). The process used to cook & puree the raw vegetables & fruits, locks in the natural nutrition, colours and goodness to meet with the standards & guidelines for healthcare.

Our range is Free of nasty additives, does not contain allergens as it is 100% Pure.

All of our experience with texture modifying Vegetables & Fruits has led to us maintaining our NOURISHING RANGE in it's near fresh nutritious processed form –with a 12 month shelf-life for Puree and 24 month shelf-life for FD Powders.

The packaging format on offer is...

Nourishing Puree:- 120g Pouches, 6 per inner carton with 6 to 8 inner cartons packed into an outer carton.

Nourishing Powder:- flexible from a 60gm Pouch through to 10kg Bag in Box.

The process of Freeze Drying Cooked Puree removes >98% of moisture retaining a highly potent PURE powder packed with Nutrition.

The NOURISHING RANGE provides a choice of a naturally nutritious baby and 'Health & Wellbeing' offering.

Average Quantity per 10g serve.

(%) Percentage daily intakes are based on an average adult diet of 8700kj. Daily intakes may be higher or lower depending on your energy needs.

Average Quantity per *100g serve of Nourishing Puree *10g serve of Nourishing FD Powder	PURE NOURISHING GREENS	PURE NOURISHING REDS	PURE NOURISHING FRUITS	PURE POWDERED FREEZE DRIED NOURISHING GREENS	PURE POWDERED FREEZE DRIED NOURISHING REDS	PURE POWDERED FREEZE DRIED NOURISHING FRUITS
Energy (kj)	114	173	157	144	199	139
Protein (g)	3.7	1.7	0.9	4.7	2.0	0.8
Fat, Total (g)	0.3	0.3	0.1	0.4	0.3	0.1
- Saturated (g)	0.1	0.0	0.0	0.1	0.0	0.0
Carbohydrates (g)	0.8	6.2	7.1	1.0	7.1	6.3
- Sugars (g)	0.8	5.6	6.9	1.0	6.4	6.1
Sodium (mg)	24	21	3	30	24	3
Dietary Fiber (g)	6.5 (22%)	1.5 (5%)	2.1 (7%)	8.2 (27%)	1.7 (6%)	1.9 (6%)
VITAMINS						
Vitamin A (IU)	8,702 (174%)	7,215 (144%)	281 (6%)	11,015 (220%)	8,293 (166%)	248 (5%)
Vitamin B6 (mg)	0.46 (33%)	0.17 (12%)	0.03 (2%)	0.58 (41%)	0.2 (14%)	0.0 (2%)
Vitamin C (mg)	59.6 (198%)	49 (163%)	23.1 (77%)	75.4 (251%)	56 (188%)	20.4 (68%)
Vitamin E (mg)	3.5 (35%)	0.7 (7%)	0.5 (5%)	4.4 (44%)	0.9 (8%)	0.4 (4%)
Vitamin K (mcg)	403 (575%)	5.6 (8%)	2.3 (3.3%)	510 (728%)	6.4 (9%)	2.0 (3%)
Folate (mcg)	170 (42%)	26 (7%)	11 (3%)	215 (54%)	30 (7%)	10 (2%)
MINERALS						
Calcium (mg)	140 (14%)	20 (2%)	10 (1%)	177 (17%)	23 (2%)	9 (1%)
Potassium (mg)	560 (15%)	208 (5%)	128 (3%)	709 (19%)	240 (6%)	113 (3%)
Magnesium (mg)	74 (18%)	12 (3%)	7.7 (2%)	94 (22%)	14 (3%)	7 (2%)
Iron (mg)	2.9 (48%)	0.6 (10%)	0.3 (5%)	3.7 (61%)	0.7 (11%)	0.3 (5%)
Phosphorous (mg)	87 (15%)	25 (4%)	10 (2%)	110 (19%)	28 (5%)	9 (2%)
Manganese (mg)	0.8 (15%)	0.2 (4%)	0.4 (8%)	1.0 (18%)	0.2 (4%)	0.4 (7%)

Product of Australia
For more information,
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