

La Favo



TABLE OF CONTENTS

story	6
benefits	8
all products <i>quinoa granola; functional granola</i>	10
handling	22
barcodes	23



la favo

STORY

At La Favo, everything begins with one passion : **the love of good food**. Taken over in 2023 by Amélie de Cartier, the brand was completely reimaged in 2025 to put indulgence back at the heart of every recipe.

The iconic recipes have been updated, all with one goal : **to delight you**, quite simply.

Because for us, **true pleasure** is when it's **delicious, wholesome and generous**.

Made in our own atelier, our products are the perfect blend of authenticity and creativity, for moments that are tasty as they are mindful.

Want to rediscover what **"eating well"** truly means ? Let yourself be tempted by La Favo, a **burst of pleasure in every bite!**



Amélie & the team

BENEFITS



100% CERTIFIED ORGANIC

BECAUSE YOUR HEALTH AND THE PLANET COME FIRST, LA FAVO CAREFULLY SELECTS INGREDIENTS, FROM ORGANIC FARMING.



GLUTEN FREE

OUR RECIPES ARE CRAFTED TO BE ENJOYED BY EVERYONE, INCLUDING THOSE WITH GLUTEN SENSITIVES.



MADE IN BRUSSELS

LOCAL EXPERTISE AND ARTISANAL PRODUCTION IN OUR BRUSSELS WORKSHOP ENSURE FRESH GRANOLA.



ARTISAN CERTIFIED

SMALL-BATCH, HANDCRAFTED GRANOLA MADE FROM OUR OWN ORIGINAL RECIPES BECAUSE REAL TASTE STARTS FROM SCRATCH.



ALL PRODUCTS

QUINOA GRANOLA

One ingredient, endless possibilities. With quinoa as the star, our granola recipes reinvent indulgence.

CHOCOLATE & HAZELNUT

ALMOND & CINNAMON

PUFFED RICE & BERRIES

FUNCTIONAL GRANOLA

Fuel your day with purpose and a touch of deliciousness.

LOW SUGAR APPLE & CASHEW

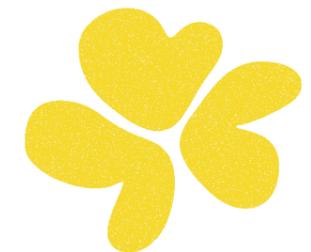
HIGH PROTEIN COCONUT & ALMOND



CHOCOLATE & HAZELNUT GRANOLA

COMFORTING AND INDULGENT, THIS CHOCOLATE HAZELNUT GRANOLA REINVENTS CHILDHOOD SNACKS WITH AN EXTRA BOOST OF ENERGY: THE HAZELNUTS CRUNCH, THE CHOCOLATE MELTS AND THE QUINOA ADDS A LIGHT TWIST THAT BRIGHTENS UP YOUR MORNINGS.

INGREDIENTS: GLUTEN FREE OAT FLAKES* 49%, SUNFLOWER SEEDS*, COCONUT SUGAR*, HIGH OLEIC SUNFLOWER OIL*, DARK CHOCOLATE* (COCOA MASS, CANE SUGAR, EMULSIFIER: SOY LECITHIN) 5.3%, HAZELNUTS* 5.3%, AGAVE SYRUP*, WATER, WHITE QUINOA* 4.3%, COCOA POWDER*, GUÉRANDE SEA SALT. *CERTIFIED ORGANIC. MAY CONTAIN TRACES OF OTHER NUTS, SESAME AND MUSTARD. GLUTEN FREE.



NUTRITIONAL VALUES

	37.5g	100g
ENERGY	159 kcal	426 kcal
	664 kJ	1772 kJ
FAT	7.3 g	19.4 g
OF WHICH SATURATES	1.1 g	3.0 g
CARBOHYDRATES	17.5 g	46.7 g
OF WHICH SUGARS	5.2 g	13.9 g
FIBERS	2.9 g	7.6 g
PROTEINS	4.4 g	11.6 g
SALT	0.08 g	0.23 g



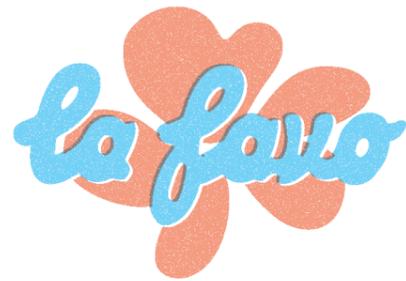
BE-BIO-01 CERTISYS
EU/Non-EU Agriculture



gluten free



vegan



ALMOND & CINNAMON GRANOLA

SWEETNESS AND SPICES: AUTUMN INVITES ITSELF TO YOUR BREAKFAST. WITH ITS HINTS OF CINNAMON, THIS GRANOLA COMFORTS LIKE A CAKE FRESH OUT OF THE OVEN. A TRUE MORNING FLAVOR WITHOUT THE ALARM CLOCK.

INGREDIENTS: GLUTEN FREE OAT FLAKES* 49.9%, MAPLE SYRUP*, HIGH OLEIC SUNFLOWER OIL*, BUCKWHEAT*, SUNFLOWER SEEDS*, **ALMONDS*** 4.7%, WHITE QUINOA* 4.6%, PUMPKIN SEEDS*, CRANBERRIES* (CRANBERRIES, CANE SUGAR, SUNFLOWER OIL), CINNAMON* 1%. *CERTIFIED ORGANIC. MAY CONTAIN TRACES OF OTHER NUTS, SESAME, SOY AND MUSTARD. GLUTEN FREE.



BE-BIO-01 CERTISYS
EU/Non-EU Agriculture



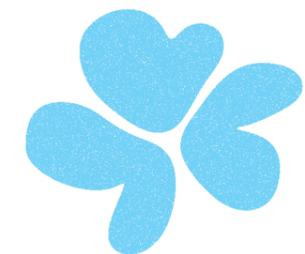
gluten free



vegan

NUTRITIONAL VALUES

	37.5g	100g
ENERGY	164 kcal	438 kcal
	683 kJ	1822 kJ
FAT	7.4 g	19.6 g
OF WHICH SATURATES	0.8 g	2.3 g
CARBOHYDRATES	19.1 g	51.0 g
OF WHICH SUGARS	4.1 g	10.9 g
FIBERS	2.8 g	7.3 g
PROTEINS	4.3 g	11.5 g
SALT	0.0 g	0.01 g





PUFFED RICE & BERRIES GRANOLA

LIKE A SUMMER MORNING WHEN EVERYTHING FEELS LIGHTER, FRUITIER AND CRUNCHIER, IT TAKES YOU STRAIGHT BACK TO CHILDHOOD. A LITTLE BOOST OF SUNSHINE AND FRESHNESS THAT ADDS PEP TO YOUR DAY.

INGREDIENTS: BUCKWHEAT*, RICE PUFFS* 26%, WHITE QUINOA* 13.5%, HIGH OLEIC SUNFLOWER OIL*, COCONUT SUGAR*, WATER, FREEZE-DRIED BILBERRIES* 1.1%, FREEZE-DRIED RASPBERRIES* 0.4%, FREEZE-DRIED STRAWBERRIES* 0.4%. *CERTIFIED ORGANIC. MAY CONTAIN TRACES OF NUTS, SESAME, SOY AND MUSTARD. GLUTEN FREE.



BE-BIO-01 CERTISYS
EU/Non-EU Agriculture



gluten free



vegan

NUTRITIONAL VALUES

	37.5g	100g
ENERGY	154 kcal	412kcal
	648 kJ	1729 kJ
FAT	5.1 g	13.6 g
OF WHICH SATURATES	0.5 g	1.4 g
CARBOHYDRATES	24.0 g	64 g
OF WHICH SUGARS	3.7 g	9.9 g
FIBERS	1.6 g	4.3 g
PROTEINS	2.6 g	6.8 g
SALT	0.01 g	0.03 g



LOW SUGAR APPLE & CASHEW GRANOLA

NOT TOO SWEET, JUST THE RIGHT AMOUNT. THE APPLE ADDS A TOUCH OF FRESHNESS, AND EVERYTHING STAYS LIGHT AND SIMPLE. IT'S THE GRANOLA YOU EAT WHEN YOU WANT TO BE MINDFUL... BUT WITHOUT MISSING OUT ON PLEASURE.

INGREDIENTS: GLUTEN-FREE OAT FLAKES 48.8%, SUNFLOWER SEEDS*, HIGH OLEIC SUNFLOWER OIL*, CASHEW 8.3%, APPLE PUREE* 7.4%, FLAXSEEDS*, APPLE PIECES* 2.5%, COCONUT CHIPS*, ALMOND BUTTER*, CINNAMON*, GINGER*, CARDAMOM*, CLOVE*, GUERANDE SEA SALT. *CERTIFIED ORGANIC. MAY CONTAIN TRACES OF OTHER NUTS, SESAME, SOY AND MUSTARD. GLUTEN FREE.



BE-BIO-01 CERTISYS
EU/Non-EU Agriculture



gluten free



vegan

NUTRITIONAL VALUES

	37.5g	100g
ENERGY	164 kcal	439 kcal
	683 kJ	1822 kJ
FAT	9.6 g	25.6 g
OF WHICH SATURATES	1.6 g	4.2 g
CARBOHYDRATES	13.5 g	36.1 g
OF WHICH SUGARS	1.2 g	3.2 g
FIBERS	3.0 g	8 g
PROTEINS	4.8 g	12.7 g
SALT	0.03 g	0.07 g



HIGH PROTEIN COCONUT & ALMOND GRANOLA

GRAIN-FREE BUT ULTRA SATISFYING, THIS GRANOLA IS THE PERFECT SNACK TO FUEL UP. PACKED WITH PROTEIN, IT'S IDEAL BEFORE A WORKOUT OR SIMPLY FOR A GUILT-FREE TREAT THAT REALLY FILLS YOU UP.

INGREDIENTS: SUNFLOWER SEEDS*, PUMPKIN SEEDS*, ALMONDS* 15.8%, FLAX SEEDS*, AGAVE SYRUP*, COCONUT GRATED* 4.3%, COCONUT OIL*, CINNAMON*, GINGER*, LEMONGRASS*, GUERANDE SEA SALT. *CERTIFIED ORGANIC. MAY CONTAIN TRACES OF OTHER NUTS, SESAME, SOY AND MUSTARD. GLUTEN FREE.



BE-BIO-01 CERTISYS
EU/Non-EU Agriculture



gluten free



vegan

NUTRITIONAL VALUES

	37.5g	100g
ENERGY	209 kcal	559 kcal
	875 kJ	2333 kJ
FAT	16.7 g	44.3 g
OF WHICH SATURATES	3.3 g	8.8 g
CARBOHYDRATES	5.7 g	15.2 g
OF WHICH SUGARS	2.5 g	6.7 g
FIBERS	4.2 g	11.1 g
PROTEINS	8.0 g	21.4 g
SALT	0.04 g	0.03 g

HANDLING

	UNITS	LENGTH	WIDTH	HEIGHT	WEIGHT
UNITS		13 cm	5 cm	22.2 cm	300 g
CARTONS	8	26.5 cm	21 cm	22.2 cm	2400 g
EURO-PALET	840	120 cm	80 cm	143.4 cm	216 kg

BARCODES

PRODUCT

UNIT BARCODE

CARTON BARCODE

CHOCOLATE & HAZELNUT



ALMOND & CINNAMON



PUFFED RICE & BERRIES



APPLE & CASHEW



COCONUT & ALMOND



MORE THAN JUST RECIPES.

LAFAVO BRINGS BACK THE TASTE OF
MOMENTS WE'VE ALL LOVED.

A family table, a cozy afternoon, a treat just because.

FOR MORE INSPIRATION, GO TO:

[LAFAVO.COM](https://www.lafavo.com)

