

CENAVIT mousses

Enjoy the culinary variety

- for people with difficulty in chewing and swallowing
- for athletes looking for alternative sports food and
- for all of us, as a dietary supplement at home.

cenavit

Appetite for Life





Finally enjoy food again!

Taste and nutritional value of a complete meal

Food has to taste good and look appetizing.

So, CENAVIT has developed “mousses” with different tastes, for people who have difficulty in chewing and swallowing. CENAVIT combines the familiar taste in mash consistency with high quality nutrients.

There is a choice of spicy dishes (main dishes, side dishes and vegetables) and sweet mousses (desserts), enriched with vitamins and minerals. Our CENAVIT mousses are free of flavor-enhancers, preservatives and food coloring. They can be prepared in a steam cooker, in the oven or in the microwave.

The nutrient-rich, tasty CENAVIT mousses are perfect for the big and the small appetite. Our product range allows for an easy combination of different mousses. Diverse flavors also guarantee to give elderly people their appetite back.

The CENAVIT mousses have been developed together with dieticians,

speech therapists, food technologists and chefs.

CENAVIT mousses provide complete nutrition for people with:

- difficulty chewing and swallowing
- kidney diseases
- diabetes
- heart disease
- food intolerances, and
- obesity.



It is our main objective to provide, for the people concerned, a varied range of well-balanced food which tastes good and improves their state of health.

CENAVIT mousses

- **when doing sports**
providing an easily digestible power meal
- **when studying**
for a fast energy kick
- **as a snack**
providing a light boost
- **as a complete meal**
when food intake is a problem

CENAVIT's philosophy does not include “settling for less”.

We aim to encourage indulgence and joy in life!

What CENAVIT mousses can do

- Because we process real foods, we are able to tickle the palate with the familiar taste of well-known food in form of our CENAVIT mousses.
- Our mousses have the natural color of the basic products.
- We use – as far as possible – Austrian agricultural products handled professionally and carefully.
- Our mousses provide an option to meet the daily challenges in a kitchen and make them easier. No matter where, in a Senior Citizens' Residence and Care Facility, in a hospital or at your family's home.
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Nutrient enrichment

CENAVIT mousses have a high nutritional value and fully meet the food requirements of people with difficulty in chewing and swallowing – and are suitable for all other uses.

The great variety of different tastes makes it easy to create varied meal plans for the people affected. CENAVIT does not only offer a tasty assortment but also focuses on the nutritional value.

Malnutrition (nutritional deficiencies) does not only refer to a lack of calories and protein but also a shortage in vitamins and minerals.

The nutrient enrichment of our mousses guarantees both an excellent energy and protein supply and an optimal supply in vitamins and minerals.

Especially people who have difficulty in chewing and swallowing are in danger of lacking essential nutrients. This is why our mousses have been enriched with an especially composed nutritional mix. This ensures

that everyone – even if only eating small portions – gets a sufficient supply of high-quality nutrients that are easily digestible. This way, our mousses are an important contribution for those who have problems with the food intake.

It only takes one or two CENAVIT mousses to cover up most of the required nutrients.

Nutrient enrichment per 100 g mousse

Vitamin A	101,05 µg
Vitamin D	0,88 µg
Vitamin E	1,70 mg
Vitamin C	10,11 mg
Vitamin B1	0,16 mg
Vitamin B2	0,18 mg
Niacin	2,40 mg
Folic acid	30,00 µg
Pantothenic acid	0,88 mg

Vitamin B6	0,38 mg
Vitamin B12	0,38 µg
Biotin	7,60 µg
Iron	2,15 mg
Zinc	1,90 mg
Copper	0,19 mg
Manganese	0,38 mg
Fluorine	442,00 µg

Iodine	18,90 µg
Potassium	126,00 mg
Calcium	152,00 mg
Phosphorus	88,00 mg
Magnesium	47,00 mg
Selenium	10,48 µg
Chromium	7,58 µg
Molybdenum	12,63 µg

This nutrient enrichment guarantees both an excellent energy and protein supply and an optimal supply in vitamins and minerals.

MAIN DISHES

Chicken/fried chicken mousse CV1701



Ingredients: Water, cooked chicken meat 30% (meat of drumsticks, chicken fillet, table salt), **cream**, sunflower oil, **lactoprotein**, **whole milk powder**, inulin, **egg-white powder**, modified starch, starch, nutritional mix* 1%, iodized table salt (table salt, potassium iodide), natural flavor, yeast extract, herbs, onion powder, spices.**

Gluten-free ***)

Nutritional value per 100 g:		% daily value per serving:
Energy	971 kJ / 234 kcal	12%
Total fat	18,0 g	26%
of which saturates	5,2 g	26%
Carbohydrates	6,1 g	2%
of which sugar	1,7 g	2%
Protein	11,0 g	22%
Salt	1,4 g	23%
Bread exchange (BE)	0,51	

Beef / Roast beef mousse CV1703



Ingredients: Water, cooked beef 18%, **cream**, sunflower oil, modified starch, **whole milk powder**, **lactoprotein**, inulin, **egg-white powder**, **sour cream**, nutritional mix, iodized table salt (table salt, potassium iodide), natural flavor, herbs, yeast extract, onions, salt, carrots, leek, paprika powder, spices, spice extracts.**

Gluten-free ***)

Nutritional value per 100 g:		% daily value per serving:
Energy	901 kJ / 217 kcal	11%
Total fat	16,0 g	23%
of which saturates	5,1 g	26%
Carbohydrates	6,2 g	2%
of which sugar	2,2 g	3%
Protein	12,0 g	24%
Salt	1,2 g	20%
Bread exchange (BE)	0,52	

Roast pork mousse CV1707



Ingredients: Water, roast pork 26% [pork meat, iodized table salt (table salt, potassium iodide), caraway seeds, garlic, spices], lactose free** **cream**, sunflower oil, modified starch, inulin, **egg-white powder**, nutritional mix* 1%, table salt, garlic granulate, yeast extract, onions, iodized table salt (table salt, potassium iodide), carrots, leek, paprika powder, natural flavor, spices, spice extracts.**

Gluten-free ***)

Lactose free ***)

Nutritional value per 100 g:		% daily value per serving:
Energy	935 kJ / 226 kcal	12%
Total fat	19,0 g	27%
of which saturates	5,7 g	29%
Carbohydrates	4,7 g	2%
of which sugar	1,0 g	1%
Protein	8,9 g	18%
Salt	1,2 g	20%
Bread exchange (BE)	0,39	

Minced meat loaf mousse CV1801



Ingredients: Water, minced meat 30% (pork meat, water, beef), bacon, breadcrumbs (**wheat flour**, salt, yeast), bread cubes (**wheat flour**, salt, yeast), vegetable oils (sunflower oil, rapeseed oil, in variable proportion), dried onion, mustard (water, **mustard seed**, vinegar from ethyl alcohol, sugar, salt, caramel sugar syrup, spices, natural spice flavor), **whole egg powder**, granulated beef broth (table salt, starch, beef extract, sugar, sunflower oil, onion, carrots, caramel sugar, tomatoes, **celery**, leek, maltodextrin, parsley, garlic, spice extracts), iodized table salt (table salt, potassium iodide), parsley, pepper, garlic granulate, marjoram) **cream**, sunflower oil, modified starch, **whole milk powder**, **lactoprotein**, inulin, **egg-white powder**, **sour cream**, nutritional mix*, granulated vegetable broth (iodized table salt (table salt, potassium iodide), sugar, starch, onion, sunflower oil, soy sauce powder (**soybeans**, **wheat**, table salt), spices (contains **celery**), table salt, leek, maltodextrin, parsley, **celery**, spice extracts, iodized table salt (table salt, potassium iodide), marjoram.**

Nutritional value per 100 g:		% daily value per serving:
Energy	1057 kJ / 255 kcal	13%
Total fat	20,0 g	29%
of which saturates	7,1 g	36%
Carbohydrates	8,3 g	3%
of which sugar	2,1 g	2%
Protein	9,5 g	19%
Salt	1,2 g	20%
Bread exchange (BE)	0,69	

Fish mousse CV1708



Ingredients: Fish 40%, water, **cream**, sunflower oil, **lactoprotein**, **whole milk powder**, inulin, **egg-white powder**, modified starch, nutritional mix* 1%, granulated vegetable broth (table salt, yeast extract, onions, carrots, leek, sunflower oil, paprika powder, spice extract), starch, iodized table salt (table salt, potassium iodide), herbs, lemon juice concentrate, spices.**

Gluten-free ***)

Nutritional value per 100 g:		% daily value per serving:
Energy	878 kJ / 212 kcal	10%
Total fat	16,0 g	23%
of which saturates	5,1 g	26%
Carbohydrates	4,0 g	2%
of which sugar	1,6 g	2%
Protein	12,0 g	24%
Salt	1,2 g	20%
Bread exchange (BE)	0,33	

Beef goulash mousse CV1901



Ingredients: Cooked beef 18%, water, lactose free **cream**, sunflower oil, onions, double concentrated tomato paste, modified starch, inulin, **egg-white powder**, starch, nutritional mix* 1%, iodized table salt (table salt, potassium iodide), paprika powder, granulated vegetable broth [iodized table salt (table salt, potassium iodide), yeast extract, onions, table salt, carrots, leek, sunflower oil, paprika powder, spice extract], vinegar, natural onion flavor, garlic, sugar, herbs, spices.**

Gluten-free ***)

Lactose free ***)

Nutritional value per 100 g:		% daily value per serving:
Energy	980 kJ / 236 kcal	12%
Total fat	19,0 g	27%
of which saturates	5,2 g	26%
Carbohydrates	6,9 g	3%
of which sugar	1,9 g	2%
Protein	9,1 g	18%
Salt	1,7 g	29%
Bread exchange (BE)	0,58	

SIDE DISHES

Bread mousse

CV1710



Ingredients: Water, bread cubes 10% (**wheat flour**, salt, yeast), bread crumbs (wheat flour, dextrose, salt, yeast), sunflower oil, **egg-white powder**, inulin, nutritional mix*, modified starch, iodized table salt (table salt, potassium iodide), spices.**

Lactose free ***)

Nutritional value per 100 g:		% daily value per serving:
Energy	499 kJ / 119 kcal	6%
Total fat	5,3 g	8%
of which saturates	0,7 g	4%
Carbohydrates	14,0 g	5%
of which sugar	1,2 g	1%
Protein	3,5 g	7%
Salt	0,7 g	12%
Bread exchange (BE)	1,17	

Pasta mousse

CV1713



Ingredients: Water, pasta (water, **durum wheat semolina**, egg), **cream**, ricotta (**whey protein cheese**), modified starch, whole milk powder, sunflower oil, **lactoprotein**, **butter**, **egg-white powder**, nutritional mix*, Grana Padano cheese PDO (**milk**, table salt, lettering, preservative: **egg lysozyme**), Gouda **cheese**, inulin, iodized table salt (table salt, potassium iodide), sugar, starch, onion, spices, soy sauce powder (**soy beans**, **wheat flour**, table salt), leek, maltodextrin, herbs, **celery**, spice extracts.**

Nutritional value per 100 g:		% daily value per serving:
Energy	769 kJ / 185 kcal	9%
Total fat	12,0 g	17%
of which saturates	6,5 g	33%
Carbohydrates	12,0 g	5%
of which sugar	2,7 g	3%
Protein	7,0 g	14%
Salt	1,6 g	27%
Bread exchange (BE)	1,00	

Rice mousse

CV1715



Ingredients: Rice cooked 20% (water, rice), **cream**, ricotta (**whey protein cheese**), modified starch, **whole milk powder**, **butter**, sunflower oil, **lactoprotein**, inulin, **egg-white powder**, nutritional mix*, iodized table salt (table salt, potassium iodide), dextrose, spices, onions, shallots, leek, paprika, carrots, yeast.**

Gluten-free ***)

Nutritional value per 100 g:		% daily value per serving:
Energy	860 kJ / 206 kcal	10%
Total fat	14,0 g	20%
of which saturates	7,4 g	37%
Carbohydrates	13,5 g	5%
of which sugar	2,7 g	3%
Protein	6,5 g	13%
Salt	1,2 g	20%
Bread exchange (BE)	1,12	

Millet mousse

CV1712



Ingredients: Millet patty 36% [water, **low-fat curd**, millet, **cheese**, carrots, **celery**, **oat flakes**, herbs, iodized table salt (table salt, potassium iodide), spices], water, **cream**, modified starch, sunflower oil, **whole milk powder**, **butter**, **lactoprotein**, iodized table salt (table salt, potassium iodide), inulin, **egg-white powder**, nutritional mix*, sugar, starch, onions, spices, soy sauce powder (**soy beans**, **wheat flour**, table salt), leek, maltodextrin, herbs, **celery**, spice extracts.**

Nutritional value per 100 g:		% daily value per serving:
Energy	863 kJ / 207 kcal	10%
Total fat	14,0 g	20%
of which saturates	7,0 g	35%
Carbohydrates	13,0 g	5%
of which sugar	3,4 g	4%
Protein	7,0 g	14%
Salt	2,0 g	33%
Bread exchange (BE)	1,08	



VEGETABLES

Broccoli mousse

CV1716



Ingredients: Broccoli 40%, water, **cream**, **whole milk powder**, sunflower oil, modified starch, **egg-white powder**, **lactoprotein**, inulin, nutritional mix*, iodized table salt (table salt, potassium iodide), herbs, sugar, starch, spices, onions, soy sauce powder (**soy beans**, **wheat flour**, table salt), leek, maltodextrin, **celery**, spice extracts.**

Pea mousse

CV1717



Ingredients: Peas 45%, water, **cream**, modified starch, **whole milk powder**, **egg-white powder**, **lactoprotein**, sunflower oil, linseed oil, inulin, nutritional mix*, iodized table salt (table salt, potassium iodide), herbs, sugar, starch, onions, sunflower oil, spices, soy sauce powder (**soy beans**, **wheat flour**, table salt), leek, maltodextrin, **celery**, spice extracts.**

Carrot mousse

CV1719



Ingredients: Carrots 44%, water, **cream**, **whole milk powder**, sunflower oil, modified starch, **egg-white powder**, **lactoprotein**, inulin, nutritional mix*, iodized table salt (table salt, potassium iodide), spices.**

Gluten-free ***

Nutritional value per 100 g:

		% daily value per serving:
Energy	604 kJ / 145 kcal	7%
Total fat	8,6 g	12%
of which saturates	3,4 g	17%
Carbohydrates	8,7 g	3%
of which sugar	4,4 g	5%
Protein	7,7 g	15%
Salt	1,7 g	28%
Bread exchange (BE)	0,75	

Nutritional value per 100 g:

		% daily value per serving:
Energy	592 kJ / 142 kcal	7%
Total fat	8,1 g	12%
of which saturates	2,9 g	15%
Carbohydrates	8,9 g	3%
of which sugar	3,4 g	4%
Protein	7,3 g	15%
Salt	0,9 g	15%
Bread exchange (BE)	0,74	

Nutritional value per 100 g:

		% daily value per serving:
Energy	607 kJ / 146 kcal	7%
Total fat	8,9 g	13%
of which saturates	3,6 g	18%
Carbohydrates	9,6 g	4%
of which sugar	5,3 g	6%
Protein	6,2 g	12%
Salt	1,2 g	20%
Bread exchange (BE)	0,80	

Romaine lettuce mousse

CV2201



Ingredients: Romaine lettuce 46%, water, **cream**, cider vinegar, sunflower oil, **whole milk powder**, **lactoprotein**, modified starch, pumpkin seed oil 2%, inulin, iodized table salt (table salt, potassium iodide), nutritional mix* 1%, **egg-white powder**, onion powder, yeast extract.**

Gluten-free ***

Tomato mousse

CV1724



Ingredients: Tomatoes 47%, water, double concentrated tomato paste 7%, **lactose free* cream**, modified starch, paprika, **egg-white powder**, **lactose free* butter**, inulin, nutritional mix, iodized table salt (table salt, potassium iodide), sugar, herbs, yeast extract, onions, table salt, carrots, leek, sunflower oil, paprika powder, spices, spice extracts.**

Gluten-free ***

Lactose free ***

Pumpkin mousse

CV1902



Ingredients: Pumpkin 55%, water, **cream**, **whole milk powder**, sunflower oil, modified starch, **lactoprotein**, **egg-white powder**, inulin, nutritional mix*, iodized table salt (table salt, potassium iodide), spices.**

Gluten-free ***

Nutritional value per 100 g:

		% daily value per serving:
Energy	606 kJ / 146 kcal	7%
Total fat	11,0 g	16%
of which saturates	4,0 g	20%
Carbohydrates	6,1 g	2%
of which sugar	2,4 g	3%
Protein	5,6 g	11%
Salt	1,4 g	23%
Bread exchange (BE)	0,51	

Nutritional value per 100 g:

		% daily value per serving:
Energy	384 kJ / 92 kcal	5%
Total fat	3,5 g	5%
of which saturates	2,2 g	11%
Carbohydrates	11,0 g	5%
of which sugar	4,8 g	5%
Protein	3,6 g	7%
Salt	0,9 g	15%
Bread exchange (BE)	0,92	

Nutritional value per 100 g:

		% daily value per serving:
Energy	593 kJ / 142 kcal	7%
Total fat	9,1 g	13%
of which saturates	3,6 g	18%
Carbohydrates	8,5 g	4%
of which sugar	4,2 g	6%
Protein	6,3 g	12%
Salt	1,2 g	20%
Bread exchange (BE)	0,70	

DESSERTS

Apple Strudel mousse

CV1726



Ingredients: Water, apples, sugar, **cream**, modified starch, **whole milk powder**, sunflower oil, **lactoprotein**, honey, inulin, **egg-white powder**, nutritional mix*, linseed oil, **oat fiber**, aroma, cinnamon.**

Nutritional value per 100 g:		% daily value per serving:
Energy	877 kJ / 209 kcal	10%
Total fat	9,9 g	14%
of which saturates	3,7 g	19%
Carbohydrates	25,0 g	10%
of which sugar	17,0 g	19%
Protein	4,8 g	10%
Salt	0,2 g	3%
Bread exchange (BE)	2,08	

Sweet pancake soufflé mousse

CV1732



Ingredients: Water, sugar, **whole milk powder**, **wheat flour**, **wheat semolina**, **whole egg powder**, sunflower oil, **lactoprotein**, sultanas, inulin, nutritional mix*, modified starch, **egg-white powder**, aroma.**

Nutritional value per 100 g:		% daily value per serving:
Energy	677 kJ / 161 kcal	8%
Total fat	6,0 g	9%
of which saturates	2,0 g	10%
Carbohydrates	20,0 g	8%
of which sugar	13,0 g	14%
Protein	6,5 g	13%
Salt	0,2 g	3%
Bread exchange (BE)	1,67	

Chocolate cake mousse

CV1733



Ingredients: Water, **cream**, chocolate coating [sugar, cocoa mass, cocoa butter, emulsifying agent: lecithin (**soya**), natural vanilla aroma], apricot fruit filling (apricots, glucose fructose syrup, sugar, gelling agent: pectin, acidifying agent: citric acid, acidity regulator: sodium citrate; stabilizer: calcium citrate; aroma), sugar, bread crumbs (**wheat flour**, water, yeast, table salt), **whole milk powder**, **powdered whole eggs**, **butter**, starch, **wheat flour**, inulin, nutritional mix*, **oat fiber**, aroma.**

Nutritional value per 100 g:		% daily value per serving:
Energy	1107 kJ / 265 kcal	13%
Total fat	12,9 g	18%
of which saturates	7,5 g	38%
Carbohydrates	31,0 g	12%
of which sugar	21,0 g	23%
Protein	5,1 g	10%
Salt	0,2 g	3%
Bread exchange (BE)	2,58	

Pear mousse with semolina

CV1805



Ingredients: Pears 33%, water, lactose free **cream**, sugar, lactose free butter, sunflower oil, **wheat semolina**, pineapple juice concentrate, modified starch, **egg-white powder**, inulin, 0,61% nutritional mix*, iodized table salt (table salt, potassium iodide).**

Laktosefrei ***

Nutritional value per 100 g:		% daily value per serving:
Energy	791 kJ / 190 kcal	9%
Total fat	11,7 g	16%
of which saturates	5,6 g	28%
Carbohydrates	19,1 g	7%
of which sugar	14,8 g	16%
Protein	1,9 g	3%
Salt	0,1 g	2%
Bread exchange (BE)	1,59	

* Nutritional mix, see table "Nutrient enrichment" on page 3. **Allergens: See ingredients in bold print.

*** **Information for the user:** As the production facility also produces food containing gluten and lactose, very small traces of gluten and lactose cannot be completely ruled out.

1) The "% daily value" refers to an average adult (8000 kJ / 2000 kcal), number of servings per pack: 1

As the CENAVIT mousses are subject to permanent development, all pictures in this brochure are for illustrative purposes only. Products supplied can differ in form or color. Pictures are similar / Serving suggestion.





The range of sweet temptations increases

The CENAVIT product range now also includes fancy cakes!

In 2017, our CENAVIT mousses were introduced to the market. Since then we have been able to provide numerous retirement homes, hospitals and care facilities with their guests, patients and residents with the optimal food supply or could support their kitchen teams' efforts.

We are also proud that many customers order our CENAVIT mousses directly online to be delivered to their homes (www.cenavit.at). We are happy to state that the feedback we get is, always and everywhere, very positive.

Our customers claim that the CENAVIT mousses are the best tasting products in Europe. And this has always been one of our big goals.

We are also very proud that one of the best food producers in Europe, the company LANDENA, is our partner in the production of the CENAVIT mousses turning our recipes into top products.

In 2021, we got to know, via mutual friends, a long-established and well-known business family in Vienna, the family Querfeld.

They successfully run 9 coffee shops in Vienna. The most renowned may be the Café Landtmann or the Café Museum, the latest one Café Napoleon. They create delicious fancy cakes, cakes, pies etc. A coffee shop without cakes would be like a tree without bloom. Thus, the Querfelds also run an innovative, large patisserie in Alterlaa, Vienna – Landtmann's Original.

The family Querfeld has been interested in the problem of dysphagia – difficulty in chewing and swallowing – and used their knowhow to develop cake recipes for the people concerned. Those cakes are extraordinary and taste delicious. This is why we have come to an arrangement with the family Querfeld and have added 3 of their cakes to

the CENAVIT range. These cakes both enhance and complement our product range. We have included the fancy cakes Landtmann's Original Cherry cake (SV2202), Landtmann's Original Apricot cake (CV2203) and Landtmann's Original Mozart cake (CV2204).

This is the next step on CENAVIT's path. Not only do we develop our CENAVIT mousses on an ongoing basis, we are also open for new ways and ideas that contribute to our mindset and our product range. The cakes made by Landtmann are perfect for us.

Our cake partner

The fancy cakes, now available in our CENAVIT portfolio, are produced by the cake patisserie of family Querfeld in Alterlaa Vienna.

www.landtmanns-original.at

CAKES

Cherry Cake

CV2202



Ingredients: **Cream** (gelatin), sour cherries 14% (sour cherries, sugar, thickening agent, modified starch, preserving agent potassium sorbate, solidifying agent calcium chloride), water, **dark sponge cake** (eggs, sugar, **wheat flour**, cornstarch, cocoa, vanillin sugar, salt), curd 20% FDM, cherry puree 8%, sugar, **full fat cream cheese** (milk protein product, salt, thickening agent locust bean gum, stabilizer carrageen), **chicken protein**, **egg yolk**, sour cherry puree 2%, **wheat flour**, **butter**, lemon juice, cocoa powder, **chocolate glaze** (cocoa mass 57%, sugar, cocoa butter, **emulsifier soya lecithin**, vanilla), modified cornstarch, vanillin sugar (sugar, vanillin), beef gelatin, **citrus fiber**, food coloring (genuine carmine), salt.

Ingredients contain allergens:

Gluten, egg, soya, milk.

Despite careful handling during production, the products can contain, besides the ingredients stated, traces of other substances/allergens which are used in the production process.

Nutritional value per 100 g:		% daily value per serving:
Energy	853 kJ / 204 kcal	10%
Total fat	12,4 g	18%
of which saturates	7,7 g	39%
Carbohydrates	28,9 g	11%
of which sugar	9,5 g	11%
Protein	7,3 g	15%
Salt	0,3 g	5%
Bread exchange (BE)	2,41	

One cake box contains 27 pieces
à ca. 50 g = 1,35 kg



Apricot Cake

CV2203



Ingredients: Apricots 25%, **cream** (gelatin), water, sugar, **light sponge cake** (eggs, sugar, **wheat flour**, cornstarch, vanillin sugar, salt), curd 20% FDM, **full fat cream cheese** (milk protein product, salt, thickening agent locust bean gum, stabilizer carrageen), **chicken protein**, **cornstarch**, **egg yolk**, **wheat flour**, glyucose syrup, peppermint, lemon juice, vanillin sugar (sugar, vanillin), modified cornstarch, beef gelatin, **citrus fiber**, beta carotene, salt, food coloring (water, propylene glycol, curcumin, patent blue V, maltodextrin, sorbic acid).

Ingredients contain allergens:

Gluten, egg, soya, milk.

Despite careful handling during production, the products can contain, besides the ingredients stated, traces of other substances/allergens which are used in the production process.

Nutritional value per 100 g:		% daily value per serving:
Energy	817 kJ / 195 kcal	10%
Total fat	10,0 g	14%
of which saturates	6,5 g	33%
Carbohydrates	34,8 g	13%
of which sugar	10,5 g	12%
Protein	6,8 g	14%
Salt	0,3 g	5%
Bread exchange (BE)	2,90	

One cake box contains 27 pieces
à ca. 50 g = 1,35 kg



Before use:

Transfer the piece of cake from freezer to the fridge and leave it at 4°C, for 8 hours.
1 hour before serving, take it out of the fridge.

Mozart Cake

CV 2204



Ingredients: **Cream** (gelatine), water, sugar, **hazelnut nougat** (sugar, hazelnuts 38%, cocoa mass, cocoa butter, emulsifier soya lecithin), **dark sponge cake** (eggs, sugar, **wheat flour**, cornstarch, cocoa, vanillin sugar, salt), **full fat cream cheese** (milk protein product, salt, thickening agent locust bean gum, stabilizer carrageen), **chicken protein**, **egg yolk**, **wheat flour**, **butter**, **pistachio nut mass**, **chocolate glaze** (cocoa mass 57%, sugar, cocoa butter, **emulsifier soya lecithin**, vanilla), cornstarch, modified cornstarch, vanillin sugar (sugar, vanillin), instant coffee for iced coffee, 12 x 500 carton cocoa powder, food coloring (water, propylene glycol, curcumin, patent blue V, maltodextrin, sorbic acid), salt.

Ingredients contain allergens:

Gluten, egg, soya, milk.

Despite careful handling during production, the products can contain, besides the ingredients stated, traces of other substances/allergens which are used in the production process.

Nutritional value per 100 g:		% daily value per serving:
Energy	948 kJ / 227 kcal	11%
Total fat	25,2 g	36%
of which saturates	13,4 g	67%
Carbohydrates	34,1 g	13%
of which sugar	15,2 g	17%
Protein	7,7 g	15%
Salt	0,4 g	7%
Bread exchange (BE)	2,84	

One cake box contains 27 pieces
à ca. 50 g = 1,35 kg



The nutritious option for sports enthusiasts

Each of us wants to eat tasty and nutritious food – especially athletes. And this food shouldn't be heavy on the stomach.

We asked the Tour de Suisse champion (1996), Peter Luttenberger, and the versatile mountaineer, Lissi Mikl, about “nutrition” and invited them to test our CENAVIT mousses.

Peter Luttenberger, the Styrian bike chamois

In 1996, as a cycling professional, his star rose high in the cyclists' sky to shine on. In a breathtaking run through the decisive key section of the Tour de Suisse, one of the four most important cycling stage races besides the Tour de France, Giro and Vuelta, Luttenberger defeated, at the mountain stage, the world's cycling elite and consequently won the Tour de Suisse 1996. In the Tour de France, he came fifth in the ranking, another top result.

Then, in 2001, he won the “Graz Alt-



Peter Luttenberger

Former professional cyclist

stadtkriterium”. This way he made his mark in the cycling history books. The “quiet” pro from Southern Styria has been through many highs and lows and his colorful life has made Luttenberger stronger in many ways. Today, he focuses on activities he likes and which allow him to express his joy and use his experience.

Peter agreed, right away, to test our mousses and assess their benefits from the athlete's point of view. He tested the CENAVIT mousses when

cycling and doing speedway – one of his new passions.

“It is important for athletes – especially if they have a regular job and do sports after they finish with their daily work – to use a good food mix in their diet. The food needs to be easily digestible, easy on the stomach and have a high power density to avoid a so-called “bonk” a short while after eating.”

Peter tested the CENAVIT mousses in different combinations. He was pleasantly surprised, “that the energy boost provided by the mousses is quite long, and at the same time, the mousses taste excellent and are easily digestible.” “Lutte” likes all flavors but the dessert mousses put a smile on his face!



Photos: © GEPA pictures GmbH

“Lutte” considers the CENAVIT mousses to be an interesting addition or alternative for athletes, and also during leisure activities. “It's definitely worth a try”, he says, while enjoying the new lettuce mousse. Left: Luttenberger in his champion race 1996 after Grindelwald, right: at the Tour de France, up to Alpe d'huez!

CENAVIT products – Appetite for Life

We all have a similar intention when it comes to food: Food should be tasty, satisfying and provide energy that is easily digestible. CENAVIT products are precooked, pureed and taste delicious – they whet everyone's appetite.

The tests carried out by professional athletes have confirmed that there are numerous uses for CENAVIT products. Peter Luttenberger and Lissi Mikl know exactly what role nutrition plays for athletes to become successful – no matter whether you are a professional or an amateur. Being deep-frozen, CENAVIT meals are easy to handle and simple to use.

We warmly invite you to test CENAVIT.

Information: www.cenavit.at



Elisabeth Lissi Mikl, “no limit” athlete

Lissi Mikl is another exciting personality who has tested and tasted our CENAVIT mousses.

The likeable all-round athlete explores her limits in mountain runs, verticals and ski-touring. Her credo is “No Limits” and the Carinthian athlete does not only apply this motto to sports but to her whole life. “No Limits” – this means: “Everything is possible, the effort matters, this requires a certain determination but also some fun.” Her motto has led to a business concept.

With her start-up “No Limits – LissiMi”, she has developed a remarkable brand she wants to make known selling various garments and establishing cooperations.



Elisabeth Mikl

Versatile mountain athlete

For Lissi, sports are both, a leisure activity and competition. Being a “latecomer” in sports herself, the multiple talent from Villach takes part in various national and international competitions.

In most competitions she is able to finish on the podium. For instance, she became national mountain run champion with her team, and has become a member of the Carinthian ski-touring team. When we contacted Lissi asking her to test the

CENAVIT mousses, she was curious and also a bit surprised – “because you have discovered me”, she smiled. Lissi, was impressed by the taste of the CENAVIT mousses. She favors the sweet mousses, the side dishes and the vegetables.

And Lissi confirms Peter’s feedback: “The CENAVIT mousses taste really delicious and are an interesting alternative and addition to one’s diet.”



Photos: © Martin Hofmann Fotografie
Hannes Wallner Bergkrone

CENAVIT mousses – Die VORTEILE auf einen Blick:

- **Optimal and complete supply of nutrients for people who have difficulty in chewing and swallowing, or generally as a snack between meals, e.g. when studying, doing sport etc.:**
 - ✓ High concentration and easy absorption of nutrients
 - ✓ Detailed description of Ingredients
 - ✓ Easy to digest – soft texture
- **Genuine food with a familiar taste:**
 - ✓ Wide range of foods
 - ✓ Gentle processing
 - ✓ Austrian product (made in Styria), with regional products – as far as possible
- **Convenient handling:**
 - ✓ Seasoned, portioned and cooked gently
 - ✓ Allowing individual removal
 - ✓ Long durability – delivered deep frozen
- **Simple preparation:**
 - ✓ Oven
 - ✓ Combination steamer (steam cooker)
 - ✓ Microwave oven
- **Versatile – perfect addition and supplement for:**
 - ✓ Senior Citizens' Residences and Care Facilities
 - ✓ Hospitals
 - ✓ Private households, as a snack, or for carers (e.g. 24 hour care etc.)

Storage:

At -18°C in *** Deep freezer and/or in *** freezing compartment of fridge.

Preparation:

The following recommendations may have to be adopted according your individual needs.

Combination steamer (steam cooker):

Take mousse from package, put it onto a rack or a plate. When heating up, cover it up to prevent it from drying out.

Combination steamer or oven, defrosted:

Heat for appr. 13 min at 100°C – 120°C.

Combination steamer or oven, frozen:

Heat for appr. 20 min at 100°C – 120°C.

Microwave oven:

Put mousse on a plate or a suitable microwave dish and cover up.

Microwave, defrosted:

1 min 20 sec at 600 Watt, then allow to rest for 1 min.

Microwave, frozen:

3 min at 300-400 Watt, then allow to rest for 1 min.

We also deliver CENAVIT mousses to your home! Orders:

- *Online shop:*
- *Per Email:*
- *By phone:*

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**Enjoy
food
again!**

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The CENAVIT cakes – Landtmann's Original Torten are produced by the company Landtmann's feine Patisserie 1230 Wien – Altmannsdorferstraße 154-156. They do not contain the CENAVIT nutritional mix.

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www.cenavit.at