

# Clearspring

Good Taste, Good Health

## Introducing Clearspring Organic Oatcakes

Crumbly, creamy and with a unique Clearspring taste twist,

**Clearspring Organic Oatcakes** are simply delicious. Made to an original wheat-free, dairy-free and no-added-sugar recipe using only the finest organic ingredients, they are lovingly baked to perfection in small batches by fourth generation craft bakers in the Scottish highlands, and come in three great flavours:



**Traditional, Sun-Dried Tomato & Herb, and Sea Vegetable & Black Pepper.**

Each oatcake is packed with the goodness of wholegrain oats and enriched with the superb taste and nutritional qualities of Clearspring's own premium quality organic cold-pressed Italian Extra Virgin Olive Oil. A carefully selected blend of the finest organic pinhead oats, rolled oats and oatmeal gives these oatcakes an outstanding creamy texture, whilst a hint of Clearspring Traditional Sea Salt, which is unrefined, ensures a strong savoury taste.

It's not just great taste that makes these oatcakes stand out from the rest. Like all Clearspring products, these oatcakes have been produced to ensure the best possible nutritional benefits. They are **vegan, dairy free, wheat free, high in dietary fibre** and have been **certified by the Soil Association**. Clearspring Organic Oatcakes are a perfect staple and snack food, providing a good source of slow-releasing energy – at any time of the day.

**Clearspring Organic Oatcakes 250g (4 x individually wrapped portions of 5 oatcakes)**

Varieties:	<b>Traditional</b>	RSP: £1.99
	<b>Sun-Dried Tomato &amp; Herb</b>	RSP: £2.19
	<b>Sea Vegetables &amp; Black Pepper</b>	RSP: £2.19

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on [margreet@clearspring.co.uk](mailto:margreet@clearspring.co.uk) or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

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## **Clearspring Organic Oatcakes: Traditional**

RSP: £1.99 for 250g (4 x individually wrapped portions)

Enjoy the simple yet distinctive taste of the finest organic Scottish oats, baked to crumbly, creamy perfection. Organic pinhead oats, rolled oats and oatmeal combine to make this the perfect oatcake alone or with any topping. Try spreading with tahini, Clearspring Fruit Spreads, hummus sprinkled with Clearspring Sea Salad, or mashed banana with sultanas.



## **Clearspring Organic Oatcakes: Sun-Dried Tomato & Herb**

RSP: £2.19 for 250g (4 x individually wrapped portions)

The creamy flavour of premium Scottish oats is combined with the fruity sweetness of sun-dried tomatoes and aromatic oregano for a hint of the Mediterranean. Try with soya cheese and pickle, spread with beetroot and walnut dip, dried figs, or roughly chopped tomatoes combined with Clearspring Extra Virgin Olive Oil and garlic.



## **Clearspring Organic Oatcakes: Sea Vegetables & Black Pepper**

RSP: £2.19 for 250g (4 x individually wrapped portions)

This delicious twist on a traditional oatcake combines the spicy, slightly salty flavour of dulse sea vegetable with warming hints of black pepper and garlic. Enjoy on its own for its distinctive taste, or smooth over some dukka or hummus, sprinkled with Clearspring Sea Salad, for a more intense sea vegetable flavour.



For more recipes, see <http://www.clearspring.co.uk/recipes>.

All available in independent health food stores and selected multiple retailers.

Please see <http://www.clearspring.co.uk/stockists> for our total distributor network.

First released April 2010.

Prices accurate as of April 2010.

### Ends ###

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on [margreet@clearspring.co.uk](mailto:margreet@clearspring.co.uk) or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>