

Press Release



NEW Clearspring Organic Gluten Free Power Porridge

Wake up to Clearspring Organic Instant Power Porridge and start the day as you mean to go on. Made with three organic and gluten free ingredients: nutty buckwheat flakes, Chia seeds naturally rich in Omega 3 and the ancient wholegrain quinoa.

Ready to eat in just five minutes this gluten free alternative to traditional oat porridge was specially created and blended for its flavour and nutritional characteristics.

- High in Omega 3
- Source of protein
- High in fibre
- No added sugar or salt

Made from the finest organic ingredients without artificial flavours, colours or preservatives and packed in a dedicated gluten free environment.

Creamy, hearty and warming, make Power Porridge the perfect start to your day. Simply mix with any milk of your choice in a saucepan and cook for 5 minutes stirring occasionally.

For a creamy texture use soya or coconut milk, for a more nutty flavour use almond milk or if you prefer a hint of sweetness use rice milk. Adding a handful of fresh seasonal fruit, puree or compote will count towards your one of your 5-a-day but it is also delicious on its own.

Gluten free organic Power Porridge: RRP £3.49 (160g) Each Pack contains 4 servings.

For serving suggestions and recipes go to: www.clearspring.co.uk

Available from 1st July from Health Food Wholesales, Independent retailers and on-line.



Notes to editors:

The Clearspring brand promises premium quality Japanese specialities and Organic Fine Foods that are authentic, versatile and support good health. Made to traditional recipes by master artisan producers, they bring you full, authentic flavours from some of the most exciting food cultures around the world.

Each product has a distinct flavour and quality that comes from using the finest quality ingredients and respecting local food traditions. Clearspring always works directly with its producers, building long-term partnerships of ethical trade that support sustainable organic farming and benefit local communities.



Authentic Japanese



Organic Fine Foods



Free From Products



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