

GLUTEN FREE - The Sour One

INGREDIENTS: WATER, SORGHUM FLOUR, POTATO STARCH, TAPIOCA FLOUR, MAIZE FLOUR, BROWN RICE FLOUR, MILLET FLOUR, OLIVE OIL, PSYLLIUM HUSK, PURE MAPLE SYRUP, SALT, VEGETABLE GUM (464), LINSEEDS, YEAST, GINGER, XANTHAN GUM.

Nutrient Information	Avg per serve 85 g	Avg Per 100g
Energy:	670kJ	788kJ
Calories:	160Cal	188Cal
Calories from Fat:	28Cal	33Cal
Protein:	2.4g	2.8g
Fat, Total:	3.1g	3.7g
- Saturated:	0.4g	0.5g
Carbohydrate:	28.2g	33.2g
- Sugars:	1g	1.2g
Sodium:	376mg	442mg

GLUTEN FREE The Seedy One

INGREDIENTS: WATER, MILLET FLOUR, SORGHUM FLOUR, BROWN RICE FLOUR, TAPIOCA FLOUR, PURE MAPLE SYRUP, BUCKWHEAT FLOUR, PUMPKIN SEEDS, SUNFLOWER SEEDS, PSYLLIUM HUSK, LINSEEDS, SALT.

Nutrient Information	Avg per serve 110 g	Avg Per 100g
Energy:	858kJ	780kJ
Calories:	205Cal	186Cal
Calories from Fat:	49Cal	44Cal
Protein:	5.2g	4.7g
Fat, Total:	5.4g	4.9g
- Saturated:	0.7g	0.6g
Carbohydrate:	30.7g	27.9g
- Sugars:	3.1g	2.8g
Sodium:	449mg	408mg

GLUTEN FREE The White One

INGREDIENTS: WATER, MODIFIED TAPIOCA FLOUR, MAIZE FLOUR, SORGHUM FLOUR, OLIVE OIL, WHITE RICE FLOUR, PSYLLIUM HUSK, Gum Xanthan (415), SALT, SUGAR, YEAST, XANTHAN GUM.

Nutrient Information	Avg per serve 75 g	Avg Per 100g
Energy:	714kJ	952kJ
Calories:	171Cal	227Cal
Calories from Fat:	37Cal	50Cal
Protein:	1.4g	1.8g
Fat, Total:	4.1g	5.5g
- Saturated:	0.6g	0.8g
Carbohydrate:	30.4g	40.6g
- Sugars:	0.8g	1.1g
Sodium:	297mg	396mg