

Gluten Free - The Seedy One

INGREDIENTS: WATER, MODIFIED TAPIOCA FLOUR, SORGHUM FLOUR, MAIZE FLOUR, BROWN RICE FLOUR, OLIVE OIL, PUMPKIN SEEDS, SUNFLOWER SEEDS, MILLET FLOUR, PSYLLIUM HUSK, LINSEEDS, PURE MAPLE SYRUP, VEGETABLE GUM (464), SALT, BUCKWHEAT FLOUR, YEAST, XANTHAN GUM.

Nutrient Information	Avg per serve 90 g	Avg Per 100g
Energy:	936kJ	1040kJ
Calories:	224Cal	248Cal
Calories from Fat:	73Cal	81Cal
Protein:	3.7g	4.1g
Fat, Total:	8.1g	9g
- Saturated:	1.1g	1.2g
Carbohydrate:	31.6g	35.1g
- Sugars:	1g	1.1g
Sodium:	266mg	295mg