



FUNCTIONAL TEAS & SUPERFOOD BLENDS FOR A HEALTHIER BODY AND MIND NATURALLY

www.betterfoodmood.com | hello@betterfoodmood.com

NUTS AND SEEDS MIX BREAKFAST TOPPER 160g - PUMPKIN SEEDS, CHIA SEEDS, FLAXSEED, WALNUTS, ALMOND FLAKES, DATES, CACAO NIBS, DESICCATED COCONUT

This seeds mix is perfect for sprinkling on breakfast oats, yoghurts, salads or smoothies.

It comprises of nuts and seeds including pumpkin seeds, chia seeds, flaxseed, walnuts, almond flakes, chopped dates, desiccated coconuts and raw cacao nibs.

All the ingredients used are natural and there are no added sugars. This product is free from flavourings and colours. It is suitable for vegetarians.

It is such a delicious mix and is full of mineral, vitamins, fibre and protein.

Ingredients:

Pumpkin seeds, Chia seeds, Flaxseed, Almonds, Walnuts, Dates, Cacao Nibs, Coconut

Allergens:

May contain traces of tree nuts, peanuts, soya, sesame, eggs, milk, mustard, celery, gluten, sulphites

Storage:

Store in a cool dry place away from light in an air tight container

How to Use:

Sprinkle 1 tbsp on your meal.

Nutritional Information:

Energy(kcal): 551

Energy(kJ): 2304

Fat: 43.5g

(of which saturates): 14.2g

Carbohydrate: 14.1g

(of which sugars): 10.5g

Fibre: 17.6g

Protein: 16.4g

Salt: 0.07g

Testimonials:

"Enjoyed this product. Very healthy."

"tasty"