



ORGANIC RUSTIC SEEDED BAGUETTES

WITH SOURDOUGH
high in fibre

4-6MIN
200°C

2x



ORGANIC SEEDED WHEAT AND SOURDOUGH BAGUETTES

Ingredients: Water, Whole **Wheat Flour*** (24%), **Wheat Flour*** (21%), Brown Linseed* (2.6%), Sunflower Seeds* (2.6%), Rapeseed Oil*, **Rye Flour***, Dried **Rye Sourdough*** (1.7%), Golden Linseed* (1.4%), Pumpkin Seeds* (1.4%), **Wheat Gluten***, Poppy Seeds* (1.2%), **Oat Flakes*** (1%), **Sesame Seeds*** (1.2%), Salt, Yeast, Whole **Wheat Spelt Flour*** (0.8%), **Barley Malt Flour***, Antioxidant (Ascorbic Acid). For allergens, including cereals containing **gluten**, see ingredients in **bold**. Produced in an environment where **eggs, milk, soy and nuts** are also used.

Preparation Instructions: Remove baguettes from packaging and place on a baking tray in the middle of a pre-heated oven at 200°C (180°C fan/Gas mark 6) for 4 - 6 minutes. For a crisper crust, lightly sprinkle with water before baking. Allow to cool for 2 minutes on a wire rack before serving. **Best before:** see front of pack. **Storage Instructions:** Store cool and dry. Once opened keep refrigerated and consume within 2 days. Packed in a modified atmosphere.

Average Nutritional Values per 100g

Energy	1096kJ/260kcal
Fat	7.4g
of which saturates	0.9g
Carbohydrate	38g
of which sugars	1.1g
Fibre	6.2g
Protein	9.1g
Salt	1.04g



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300g

