

## Loving Foods

Sauerkraut  
475g jar label  
Artwork  
LAYOUT

7th Dec 2022

ORGANIC SAUERKRAUT  
NATURALLY CULTURED VEGETABLES

**INGREDIENTS:**

CABBAGE\*, CELTIC SEA SALT  
\*certified organic ingredients

**NUTRITION:** (per 100g)

ENERGY 83kJ/20kcal  
FAT 0.4g (of which saturates 0.2g)  
CARBOHYDRATE 4.2g (of which sugars 0.6g)  
PROTEIN 0.8g  
SALT 1.0g

LOOK • SMELL • TASTE  
DON'T WASTE

[www.lovingfoods.co.uk/dontwaste](http://www.lovingfoods.co.uk/dontwaste)



KEEP  
REFRIGERATED  
SUITABLE FOR  
VEGANS  
GLUTEN FREE



GB-ORG-04  
EU/non-EU Agriculture  
UK/non-UK Agriculture

475g e

BEST BEFORE END:

ORGANIC  
**LOVING FOODS**  
FERMENTED  
**SAUERKRAUT**



OUR SAUERKRAUT FOLLOWS A CLASSIC EASTERN EUROPEAN RECIPE. JUST ORGANIC VEGETABLES AND CELTIC SEA SALT, ALLOWED TO FERMENT NATURALLY, CREATING A DISH THAT'S PACKED WITH FLAVOUR AND GOODNESS.

IT'S GREAT SERVED STRAIGHT FROM THE JAR, WITH A SALAD, ON A SAUSAGE OR EVEN IN A SMOOTHIE.

**LOVING FOODS**

are Faye, Adam and Mendel. We're fanatical about fermenting and love everything about it - the unique flavours, vibrant colours and life-giving goodness.

We believe in...

- ALWAYS RAW, NEVER PASTEURISED
- ONLY CHOOSING ORGANIC
- ALWAYS HANDMADE
- NO SHORT CUTS
- BETTER WELL-BEING FOR EVERYONE

For more recipe ideas, tips on healthy eating, or to visit our online store:

[www.lovingfoods.co.uk](http://www.lovingfoods.co.uk)

HANDMADE IN THE UK BY: LOVING FOODS LTD,  
UNIT J3 LYNTOWN TRADING ESTATE,  
LYNWELL ROAD, MANCHESTER, M30 9QG

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