

235mm

324mm



BEETROOT & THREE SEEDS



per 100g		per serving: 4 crackers (12g)					gluten-free recipe
1798kJ	calories	fat	saturates	sugar	salt		
430kcal	52	1.5g	0.1g	0.5g	0.1g		
22%	3%	2%	<1%	1%	2%		

reference intake of an average adult (8400kJ/2000kcal)



NIBBLE...
A satisfying crunch at any time of day



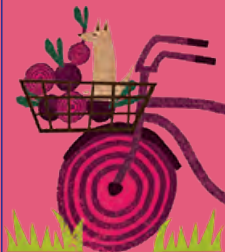
TOP...
Cracking with cheese, avocado or salad



DIP...
Delicious with hummus, salsa or guacamole



For more glorious serving suggestions, visit: www.kallo.com



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HAVE YOUR CAKE AND EAT IT!

At Kallø, we don't think being healthy has to mean saying no to all the things you love. We believe life is about what you can, not what you can't have – and eating the right way is about loving food and having a nutritious balanced diet.



Beetroot loved to ride his bike,
With dog, his cheeky friend,
They'd stay outside from sunrise,
Until the day did end.



But playing made them hungry,
So they had to stop for lunch,
Nibbling quinoa, chia and nigella -
Seeds so full of crunch.

- ✔ Vegetarian and Vegan Friendly*
- ✔ Gluten Free
- ✔ High Source of Fibre
- ✔ Made from Plants
- ✔ No artificial colours, flavours or preservatives
- ✔ Baked not fried
- ✔ Source of Protein

DROP US A LINE

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For all things Kallø, go to: www.kallo.com

Imported by: Wessanen Benelux B.V.
Hullenbergweg 97 1101 CL Amsterdam (NL)



design: bigfish.co.uk

BEETROOT FLAVOURED CHICKPEA CRACKERS WITH QUINOA, NIGELLA AND CHIA SEEDS

NUTRITION INFORMATION

Typical values	per 100g	per serving: 4 crackers (12g)
Energy	1798kJ 430kcal	216kJ 52kcal
Fat	12.9g	1.5g
of which saturates	1.2g	0.1g
Carbohydrate	49.7g	6.0g
of which sugars	4.5g	0.5g
Fibre	16.6g	2.0g
Protein	20.1g	2.4g
Salt	0.80g	0.10g

INGREDIENTS: Chickpea flour (70%), modified tapioca starch, rapeseed oil, beetroot powder (4%), inulin, mixed seeds (2%) [black quinoa, nigella, chia], yeast extract, sea salt, dried onion, dried garlic, natural flavour (rosemary extract).

ALLERGEN ADVICE: May contain milk.

Store in a cool, dry place. Once opened keep in an airtight container and enjoy within 7 days

*Our product does not intentionally contain animal based ingredients, but due to the use of milk at the manufacturing site there may be a risk of cross contamination.

Contains on average 32 crackers.



100g e

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BEETROOT AND MIXED SEEDS
CHICKPEA VEGGIE THINS



Best before:

