Ingredients: wholegrain wheat flour* (70g**), sunflow (4g**), sea salt, yeast, barley malt extract*.	ver seeds* (11g**), sesame	seeds* (10g**), lins	seeds* (7g**), extr	a virgin olive oil*, oat flakes*	
May contain traces of milk products.	on 55000 0000000				
For allergens, including cereals containing gluten, see ingredients in bold. *= organic ingredients					
				**= for the production of 100g product	
		1			
Average nutritional values	per 100g	per portion			
		25g	]		
Energy					
			This pack contains 8 servings.		
	20 g	5,0 g			
saturates	2,9 g				
Carbohydrate	48 g	12 g			
of which sugars					
Fibre	11 g				
Protein	14 g	3,5 g			
Salt	1,8 g	0,45 g			
Allergens	included	not included	may contain traces of		
Cereals containing gluten	×	1 1			
Crustaceans and crustacean products		x			
Eggs and egg products	š .	x			
Fish and fish products		x			
Peanuts and peanut products		x			
Soybeans and soybean products	11 %	x			
Milk and milk products (including lactose)			x		
Nuts	i i	x	3		
Celery and celery products		x			
Mustard and mustard products		x			
Sesame and sesame products	x	2 9			
Culabur displies and sulphites		×			
Sulphur dioxide and sulphites Lupin and lupin products				l.	
	(4g**), sea salt, yeast, barley malt extract*.  May contain traces of milk products.  For allergens, including cereals containing gluten, se  *= organic ingredients  **= for the production of 100g product  Average nutritional values  Energy Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt  Allergens  Cereals containing gluten Crustaceans and crustacean products Eggs and egg products Fish and fish products Peanuts and peanut products Soybeans and soybean products Milk and milk products (including lactose) Nuts Celery and celery products Mustard and mustard products Sesame and sesame products Sesame and sesame products	(4g**), sea salt, yeast, barley malt extract*.  May contain traces of milk products. For allergens, including cereals containing gluten, see ingredients in bold. *= organic ingredients **= for the production of 100g product  Average nutritional values  per 100g  Energy	(4g**), sea salt, yeast, barley malt extract*.         May contain traces of milk products.         For allergens, including cereals containing gluten, see ingredients in bold.         **= organic ingredients         ***= for the production of 100g product         Average nutritional values       per 100g       per portion         Energy       1882 kJ       471 kJ         Energy       450 kcal       113 kcal         Fat       20 g       5,0 g         of which       2,9 g       0,7 g         saturates       2,9 g       0,7 g         Carbohydrate       48 g       12 g         of which sugars       2,3 g       0,6 g         Fibre       11 g       2,8 g         Protein       14 g       3,5 g         Salt       1,8 g       0,45 g         Allergens       included       not included         Cereals containing gluten       x       x         Crustaceans and crustacean products       x       x         Fish and fish products       x       x         Peanuts and peanut products       x       x         Soybeans and soybean products       x       x         Milk and milk products (including lactose)       x	May contain traces of milk products.  For allergens, including cereals containing gluten, see ingredients in bold.  *= organic ingredients  **= for the production of 100g product   Average nutritional values  Per 100g  Per portion  25g  Energy  1882 kJ  471 kJ  Energy  450 kcal  113 kcal  Fat  20 g  5,0 g  This p.  Carbohydrate  of which  saturates  2,9 g  0,7 g  Carbohydrate  48 g  12 g  of which sugars  Fibre  11 g  2,8 g  Protein  14 g  3,5 g  Salt  Allergens  Included  not included traces of  Cereals containing gluten  Crustaceans and crustacean products  Eggs and egg products  Fish and fish products  Peanuts and peanut products  Soybeans and soybean products  Milk and milk products (including lactose)  Nuts  Celery and celery products  X  Sesame and sesame products	