

List of ingredients	Ingredients: wholegrain wheat flour* (70g**), sunflower seeds* (11g**), sesame seeds * (10g**), linseeds* (7g**), extra virgin olive oil*, oat flakes* (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 according to Regulation (EU) No 1169/2011	Average nutritional values	per 100g	per portion	This pack contains 8 servings.	
			25g		
	Energy	1882 kJ	471 kJ		
	Energy	450 kcal	113 kcal		
	Fat	20 g	5,0 g		
	of which				
	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 according to Regulation (EU) No 1169/2011	Allergens	included	not included	may contain traces of	
	Cereals containing gluten	x			
	Crustaceans and crustacean products		x		
	Eggs and egg products		x		
	Fish and fish products		x		
	Peanuts and peanut products		x		
	Soybeans and soybean products		x		
	Milk and milk products (including lactose)			x	
	Nuts		x		
	Celery and celery products		x		
	Mustard and mustard products		x		
	Sesame and sesame products	x			
	Sulphur dioxide and sulphites		x		
	Lupin and lupin products		x		
	Molluscs and mollusc products		x		