

150 mm

CMYK +

= PANTONE 7499 C

**Better
Than
Rice™**

Rice shapes made from Organic
Konjac Flour and Organic Oat Fibre

9

CAL.
PER 100G SERVING



- ✓ VEGAN
- ✓ ORGANIC
- ✓ GLUTEN FREE
- ✓ WHEAT FREE
- ✓ FAT FREE
- ✓ SUGAR FREE
- ✓ ZERO CARBS
- ✓ LOW CALORIE
- ✓ FIBRE SOURCE



Biodegradable



CN-BIO-141
Non-EU Agriculture

Serve with your favorite curry

Calories

9

0,45%*

Fat

0g

0%*

Saturates

0g

0%*

Sugar

0g

0%*

Salt

0g

0%*

of an adult's reference intake. Typical Values per 100g: Energy 35kJ/9kcal
Reference intake of average adult (8400kJ/2000kcal)

**READY IN
2 MINUTES**

385g e
2-3 (300g e, drained weight)

500 mm

210

80

210

300g e
drained weight

385g e
Net Weight



Outer Plastic



Best Before:

Batch No.:

Typical Value	
Energy kJ / kcal	35kJ/9kcal
Fat, g	0g
of which saturates, g	0g
Carbohydrates, g	0g
of which sugars, g	0g
Fibre, g	4g
Proteins, g	0.2g
Salt, g	0g

Nutritional Information:

Each pack serves 2-3.
Recommended daily allowance.

Ingredients:
Purified Water, Organic Konjac Flour, Organic
Gluten-free Oat Fibre.
Allergen Declaration: Made in factory that handles
soy, oat and sulphite.

Healthy Living:
Better Than Rice is free from **gluten, wheat, fat, sugar and salt**. It is suitable for many diets including **Vegan, Gluten-free, Keto and FODMAP**. They are made from organic konjac flour, which is rich in glucomannan, a soluble fibre not absorbed by the body. That is why they contain so little **calories and zero carbohydrates**.

What is konjac flour?
Konjac flour is made from the root of a vegetable plant grown in South East Asia. The flour is mixed with water to make rice, which has a neutral taste, but when added to healthy ingredients, the rice absorbs the flavours so that you can enjoy a **healthy and delicious meal**.

Recommendations:
Better Than Rice is packed in water. You may notice a faint aroma when opening a pack. This can be easily removed by rinsing the food under cold water.



www.BetterThanFoods.com

- How to prepare**
- Step 1**
Drain water from pack and rinse rice under cold water.
 - Step 2**
Add to your favourite soup, stew, sauce, stir-fry, salad.
 - OR**
Boil for 1 mins, drain and add to favourite ingredients.
 - OR**
Dry fry in a non-stick pan for 1 mins and add to favourite ingredients.

8

134

8