

## Loving Foods

Sauerkraut  
with Caraway and Juniper  
475g jar label  
Artwork  
LAYOUT

7th Dec 2022

ORGANIC SAUERKRAUT  
NATURALLY CULTURED VEGETABLES

**INGREDIENTS:**

CABBAGE\*, CARAWAY SEEDS\* (1%),  
JUNIPER BERRIES\* (0.5%), CELTIC SEA  
SALT

\*certified organic ingredients

**NUTRITION:** (per 100g)

ENERGY 160kJ/38kcal

FAT 1.1g (of which saturates 0.4g)

CARBOHYDRATE 6.7g (of which sugars 0.6g)

PROTEIN 1.5g

SALT 1.0g

LOOK • SMELL • TASTE  
DON'T WASTE

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



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KEEP  
REFRIGERATED  
SUITABLE FOR  
VEGANS  
GLUTEN FREE

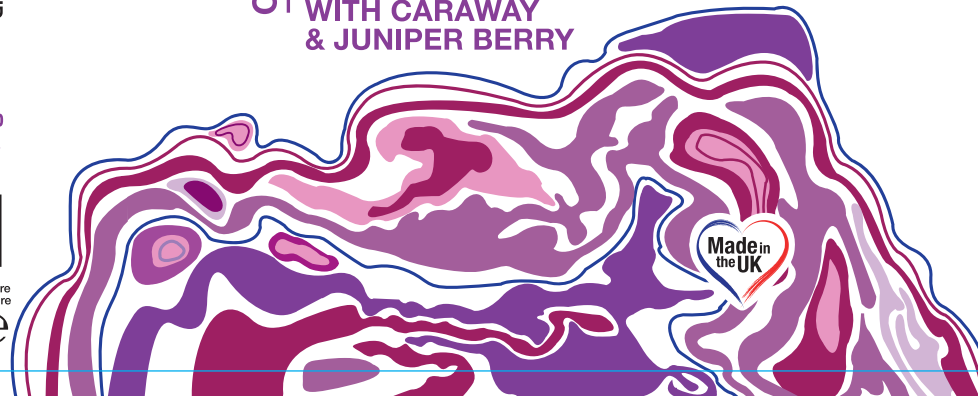


GB-ORG-04  
EU/non-EU Agriculture  
UK/non-UK Agriculture

475g e

BEST BEFORE END:

ORGANIC  
**LOVING FOODS**  
FERMENTED  
**SAUERKRAUT**  
WITH CARAWAY  
& JUNIPER BERRY



OUR SAUERKRAUT FOLLOWS A CLASSIC EASTERN EUROPEAN RECIPE. JUST ORGANIC VEGETABLES, CELTIC SEA SALT AND A LITTLE FLAVOURING, 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,  
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