

SUPERCHARGE YOUR PROTEIN WITH TEMPEH

We're four friends who love a good **HEALTH HACK**. So, when we came across a **WHOLEFOOD PROTEIN** that was also **PACKED WITH FIBRE AND GUT-FRIENDLY PREBIOTICS**, we knew we had to get the word out.

TEMPEH is made with **FERMENTED** whole soya beans and has been eaten as a **PROTEIN STAPLE** in Indonesia for **400 YEARS** so it's well and truly tried and tested.

Whether in a stir-fry, sarnie, salad or even a smoothie, half a pack of this tasty tempeh gives you **MORE PROTEIN THAN TWO EGGS*** while adding to your **PLANT POINTS** too.

You're welcome,

Drando Elin Chris Fabio

HIGH IN PROTEIN
38g per pack



HIGH IN FIBRE
13g per pack



**SOURCE OF
VITAMIN B2 AND
PHOSPHORUS**



**1 OF YOUR
5 A DAY**

INGREDIENTS:

Soya beans*, water, tempeh culture (rice flour*, inoculum).

*Denotes organic ingredients.

ALLERGY ADVICE:

For allergens, see ingredients in **bold**.

WARNING:

Although every effort has been made to remove stones, because this is a 100% natural product some small fragments may remain.

STORAGE:

Keep refrigerated at or below 7°C. Use within 48 hours after opening. Suitable for home freezing, to consume within 2 months after freezing. Defrost fully before eating and eat on the same day. Don't refreeze.

Please note: black or grey spots on tempeh are normal and don't indicate spoilage.

USE BY:

See top of pouch.

*Based on the information at www.egginfo.co.uk

NUTRITION INFORMATION

| TYPICAL VALUES | PER 100g |
|--------------------|-------------------|
| Energy kJ / kcal | 674 kJ / 164 kcal |
| Fat | 5.4 g |
| of which saturates | 0.9 g |
| Carbohydrate | 7.2 g |
| of which sugars | 0.1 g |
| Fibre | 6.6 g |
| Protein | 19 g |
| Salt | 0.01 g |
| Riboflavin (B2) | 0.21 mg (15%**) |
| Phosphorus | 124 mg (18%**) |

These values are approximate due to the variations which occur in natural ingredients.

** of the Nutrient Reference Value (NRV)



Certified



NL-BIO-01
EU/non-EU
Agriculture

