



ORGANIC OAT TOPPED WHOLEMEAL ROLLS

WITH SOURDOUGH *high in fibre*

4-6MIN
200°C

4x



ORGANIC OAT TOPPED WHOLEMEAL ROLLS

Ingredients: Wholemeal **Wheat** Flour* (49%), Water, Sourdough* (4.6%) (**Wheat***, **Rye***), **Oat** Flakes* (4.1%), **Wheat Gluten***, **Spelt Wheat** Wholemeal Flour* (2.1%), Rapeseed Oil*, Salt, Yeast, **Barley** Malt Flour*, Thickener (Guar Gum*), Sunflower Oil*, Antioxidant (Ascorbic Acid)*. * = Certified Organic Ingredients. For allergens, including cereals containing **gluten**, see ingredients in **bold**. Produced in an environment where **eggs, milk, sesame, soy** and **nuts** are also used.

Preparation Instructions: Remove rolls from packaging and place on a baking tray in the middle of a pre-heated oven at 200°C (180°C fan/Gas mark 6) for 4 - 6 minutes. For a crisper crust, lightly sprinkle with water before baking. Allow to cool for 2 minutes on a wire rack before serving. **Best before:** see front of pack. **Storage Instructions:** Store cool and dry. Once opened keep refrigerated and consume within 2 days. Packed in a modified atmosphere.

Average Nutritional Values per 100g

Energy	946kJ/224kcal
Fat	3.7g
of which saturates	0.4g
Carbohydrate	38g
of which sugars	1.3g
Fibre	6.8g
Protein	9.0g
Salt	1.03g



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300g

