

Loving Foods

Ruby Kraut
475g jar label
Artwork
LAYOUT

7th Dec 2022

ORGANIC SAUERKRAUT
NATURALLY CULTURED VEGETABLES

INGREDIENTS: RED CABBAGE* (37.5%),
CARROTS*, BEETROOT* (18.7%),
ONION*, GINGER*, GROUND CINNAMON*,
GROUND CLOVES*, CELTIC SEA SALT
*certified organic ingredients

NUTRITION: (per 100g)
ENERGY 107kJ/26kcal
FAT 0.6g (of which saturates 0.3g)
CARBOHYDRATE 5.2g (of which sugars 0.7g)
PROTEIN 1.0g
SALT 1.0g

**LOOK • SMELL • TASTE
DON'T WASTE**

www.lovingfoods.co.uk/dontwaste

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BEST BEFORE END:

KEEP
REFRIGERATED
SUITABLE FOR
VEGANS
GLUTEN FREE

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

475g e

ORGANIC

LOVING FOODS
FERMENTED
RUBY KRAUT
RED CABBAGE & BEETROOT

great
taste
2021

Made in
the UK

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

HANDMADE IN THE UK BY: LOVING FOODS LTD,
UNIT J3 LYNTOWN TRADING ESTATE,
LYNWELL ROAD, MANCHESTER, M30 9QG

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