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Ingredients
Wheat flour, cereal blend
(malted wheat flakes, malted
barley, rye flour), calcium
carbonate, niacin, iron, thiamine.

Allergen Advice

For allergens, including cereals containing gluten, see ingredients in **bold**.

Nutrition

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Typical values	per 100g
Energy 1429k.	J/342kcal
Fat	1.5g
of which saturates	0.1g
Carbohydrate	70g
of which sugars	1.0g
Fibre	4.49
Protein	13g
Salt	0g

Grown and milled in the UK.







Malted bread flour including mated oread nour including mated wheat flakes. Makes delicious loaves or rolls. Use your own recipe for making bread by hand or in a bread machine. You can use our suggested recipe below.

Large ou	ug Loar	
Dried year	ist	2 tsp
Flour		500g
Salt		1.5 tsp
Olive oil o	or fat	25g
Sugar (op	tional)	2 tsp
Water		320ml
Adjust wa	ster to suit.	If baking
in a bre	ad machin	ne use a
quick/rap	id bake set	ting.

Always cook flour before consumption.

Store in a cool dry place. Best Before see back.

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Colours: cmyk process

