

List of ingredients	Ingredients: wholegrain wheat flour* (69g**), grated emmental cheese * (milk) (14g**), pumpkin seeds* (11g**), extra virgin olive oil*, oat flakes* (4g**), sunflower seeds* (3g**), linseeds* (3g**), sea salt, sesame seeds * (2g**), yeast, barley malt extract*.				
	For allergens, including cereals containing gluten, see ingredients in bold.				
	*= organic ingredients				
	**= for the production of 100g product				
Average nutritional values according to Regulation (EU) No 1169/2011	Average nutritional values	per 100g	per portion	This pack contains 8 servings.	
			25g		
	Energy	1851 kJ	467 kJ		
	Energy	442 kcal	112 kcal		
	Fat	18 g	4,5 g		
	of which				
	saturates	4,8 g	1,2 g		
	Carbohydrate	47 g	12 g		
	of which sugars	2,4 g	0,6 g		
	Fibre	10 g	2,5 g		
	Protein	18 g	4,5 g		
	Salt	1,8 g	0,45 g		
Allergens according to Regulation (EU) No 1169/2011	Allergens	included	not included	may contain traces of	
	Cereals containing gluten	x			
	Crustaceans and crustacean products		x		
	Eggs and egg products		x		
	Fish and fish products		x		
	Peanuts and peanut products		x		
	Soybeans and soybean products		x		
	Milk and milk products (including lactose)	x			
	Nuts		x		
	Celery and celery products		x		
	Mustard and mustard products		x		
	Sesame and sesame products	x			
	Sulphur dioxide and sulphites		x		
	Lupin and lupin products		x		
	Molluscs and mollusc products		x		