

Product

Name	Organic Gluten Free Buckwheat Flakes
Description	Just Natural Organic Gluten Free Buckwheat Flakes are carefully selected from only the best producers around the world. Buckwheat Flakes are often at risk of cross contamination with gluten as they are frequently processed in the same facilities as gluten containing products. Our Gluten Free Buckwheat Flakes come from producers who use dedicated gluten free processing lines and gluten testing at a number of steps during their production to ensure our product is below 20PPM Gluten content. We are certified by Coeliac UK and our processes are audited annually to ensure we are producing a safe product for those who are allergic or intolerant to gluten. Great for porridge, muesli, or gluten free bakes such as flapjacks.
Code	JGF1
Barcode	5060338038897
Country of Origin*	China
*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.	

Packaging

Net Content	350g
Packaging Type*	Home Compostable Packaging (Certified)
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Shelf Life

Maximum Shelf Life	12 Months
Storage Conditions	Ambient (15°C - 20°C)

Ingredients	Organic Gluten Free Buckwheat Flakes
Allergens	For allergens including cereals containing gluten, see ingredients in BOLD .

Nutritional Values per 100g

Energy	1,468KJ (348 kcal)
Fat	2.6g
Of Which Saturates	0.0g
Carbohydrates	69.9g
Of Which Sugars	2.2g
Fibre	7.2g
Protein	10.0g
Salt	0.0g

Certifications	Organic (Soil Association), Vegan Society, Coeliac Cross Grain
Serving Requirements	For 1 serving, place 4tbsp of Buckwheat Flakes into a saucepan with 100ml of water or milk and a pinch of salt. Bring to the boil, and simmer for approx. 3-4 minutes.