



INGREDIENTS: Water; **WHEAT** gluten; **OAT** fibre; Potato starch; Vegetable oil (rapeseed); Blended honey; Yeast, **WHEAT** Sourdough; Salt; Inactive dry yeast, **WHEAT** flour (with Calcium, Iron, Niacin, Thiamin); Vegetable oil (sunflower); Preservative: Sorbic acid; Thickener: Xanthan Gum; Flour treatment: Ascorbic acid, Calcium Sulphate, Palm fat; Dried skimmed **MILK**.

ALLERGY ADVICE: for allergens including cereals that contain gluten see ingredients in **bold**.

May contain traces of Sesame.

This product is not suitable for Milk, Egg and Rye allergies.

STORAGE ADVICE:

Store in a cool dry place and once opened, consume within 2 days. You can also keep me in the fridge for extra freshness.

Suitable for home freezing.

Freeze upon day of purchase and use within 6 months. Defrost thoroughly before use.

Best before: See date stamp on bag.

NUTRITION INFORMATION:

| Nutrition | per 100g | per 18g slice |
|--------------|----------|---------------|
| Energy | 905KJ | 163KJ |
| Energy | 217Kcal | 39Kcal |
| Fat | 5.6g | 1.0g |
| Saturates | 0.5g | 0.1g |
| Carbohydrate | 5.8g | 1g |
| Sugars | 2.5g | 0.4g |
| Fibre | 11.4g | 2.1g |
| Protein | 9.6g | 1.7g |
| Salt | 1.18g | 0.21g |



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