

Water, wind, soil and sun
nurture the crops... and wonderful
bees pollinate them.



These crispy Cereal Flakes are made with the finest rice and buckwheat for a sensorially tasty and high-fibre combination. Buckwheat grows beautiful flowers and has a wonderful scent, which makes it particularly attractive to pollinating insects such as bees. So, as you savour your morning bowl of flakes, take a moment to imagine organic fields of scented white flowers, busy bees and a gentle hum of hoverflies in search of nectar – a perfect way to start any day.

freee

GLUTEN FREE | ORGANIC
cereal flakes

Gluten-free cereal flakes made from organic rice and buckwheat.

Ingredients: 75% organic rice, 25% organic buckwheat.

Net weight: 375g (13.2 oz)

Best before: 12 months from date of production

Storage: keep in a cool, dry place

Preparation: see page 10

nutrition

Food info	Per 100g	Per 30g
Energy	1484 kJ	445 kJ
Protein	12.5g	3.75g
Carbohydrate	78.5g	23.5g
Fibre	1.8g	0.54g
Fat	0.1g	0.03g

Values are approximate and may vary slightly.



Best before: 12 months from date of production
Storage: keep in a cool, dry place
Preparation: see page 10
Net weight: 375g (13.2 oz)

freee



cereal flakes

freee

cereal flakes

GLUTEN FREE | VEGAN | ORGANIC

LOW FAT
HIGH FIBRE



freee



freee

My gluten free journey began in 2015 when I discovered how difficult it was to find organic grains and foods for a gluten-free diet. The distinctive attributes of attractive grains and their ability to create spectacular dishes is still my inspiration.

With a FREEE breakfast cereal in my cupboard, I'm ready for the day ahead.

It's great starting my morning with a bowl of low fat, high fibre organic cereal.

Visit freeefoods.co.uk and become our award-winning blog, partner, content and our team.

Glenn

FREEE FIBRE

tips

Why not...

• Serve with your favourite milk and sliced banana.

• Create your own snack mix with Cereal Flakes, seeds and dried fruit.

• Try our Cereal Flakes, Chocolate Slices, Freee Flakes, Fruit & Freee Flakes, Spicy Freee Flakes and Protein Date.