It all starts with sunshine, soil and water...

The secret behind these crunchy Fibre Flakes is our specially selected, organic brown rice, which is nurtured and grown in sun-drenched fields. So, as you savour them take a moment to imagine these fields and listen to the bird song, the gentle droning of bees and whisper of butterflies in their natural habitats - an inspiring way to start any day!

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GLUTEN FREE **ORGANIC** Fibre Flakes

Crunchy flakes made with brown rice.

Ingredients: cereal blend* (brown rice* (66%), maize flour*, maize bran*, rice bran extract*), cane sugar*, salt.

*Organic produce.

Made in the UK with EU and non-EU flour.

Best before: see top of pack.

Storage: keep airtight.

Packaging material: HDPE bag, card box.

NUTRITION		
Typical values	Per 100g	Per 30g serving
Energy	1625kJ 383kcal	489kJ 114kcal
Fat	2.2g	0.8g
of which saturates	0.4g	0.1g
Carbohydrate	78g	24g
of which sugars	10g	3.1g
Fibre	8.3g	2.5g
Protein	7.8g	2.3g
Salt	0.44g	0.13g

This pack contains approximately 12 servings.

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Via Garegnano 134, 26048 Sospiro, Cremona, IT

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freee-foods.co.uk

375g e

v3

Best before:

fibre flakes

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fibre flakes

GLUTEN FREE | VEGAN | ORGANIC

LOW FAT

HIGH FIBRE

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My gluten free journey began in 1978 when I discovered how difficult it was to find suitable grains and foods for a gluten free diet. The distinctive attributes of alternative 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 tasty, low fat, high-fibre organic breakfast.
Visit freee-foods.co.uk and browse our award winning flour, pasta, cookies and oat bars.

Clare

FOUNDER, FREEE

tips

Why not...

- Serve with your favourite milk and grated apple.
- Add a handful to your lunch box for a little pick-me-up.
- Try our Cereal Flakes, Corn Flakes, Chocolate Stars, Fruit & Fibre Flakes, Supergrain Hoops and Porridge Oats.

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