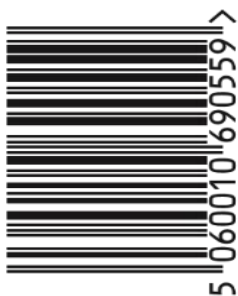


BEST BEFORE
SEE FOOT OF JAR



Nutrition Information
Typical values per 100g:

Energy: 1362kJ/320kcal
Carbohydrate: 79.0g
of which sugars: 79.0g

Fat, Saturates, Protein,
Salt - negligible amount

My story starts back in 1974 when I got my first hives of bees. Right from the beginning I had a dream of starting my own bee farm and gradually I got more hives until I could make my living from the honey my bees produced.

There is always more to learn from the bees and this journey has taken me from the remote forests of Africa, where the village economies are built around honey, to the Mediterranean, where artisan beekeepers produce distinctly flavoured honeys from their local flora.

Under this label you will find not only honeys from my own hives but honeys from my comrade beekeepers across our planet.

3.18kg e CLEAR

Made from honey harvested in Zambia. Packed with care at Wainwright's, Aberystwyth, SY23 1AA.
www.wainwrightshoney.com



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