

Discover a world of nature's supergrains...



Enjoyed by different cultures for centuries, supergrains like buckwheat, oats, teff and quinoa come together brilliantly in this toasted cereal to bring you a breakfast packed with flavours from around the world. Created from the tastiest organically grown ingredients, our Supergrain Hoops are made with care - making them an all-round super way to start your day.



GLUTEN FREE **ORGANIC** Supergrain Hoops
Crunchy hoops made with buckwheat, oats, teff and quinoa.

Ingredients: cereal blend* (brown rice flour*, buckwheat flour*15%, chickpea flour*, gluten free oat flour*3%, teff flour*2%, quinoa flour*2%), date syrup*, dried rice syrup*, salt.

Allergy advice: for allergens see ingredient in **bold**.

*Organic produce.

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

Best before: see top of pack.

Storage: keep airtight.

Packaging material: HDPE bag, card box.

NUTRITION		
Typical values	Per 100g	Per 30g serving
Energy	1662kJ 392kcal	499kJ 118kcal
Fat	3.4g	1.0g
of which saturates	0.7g	0.2g
Carbohydrate	80g	24g
of which sugars	7.4g	2.2g
Fibre	4.1g	1.2g
Protein	8.5g	2.6g
Salt	0.36g	0.11g

This pack contains approximately 10 servings.



GB-ORG-05
EU/non EU agriculture



GB-173-006
CUL-G-017



Recycle
Don't recycle at home

Doves Farm Foods Ltd.

Salisbury Road, Hungerford, RG17 0RF, UK

Via Giuseppeina 124, 26048 Sospiro, Cremona, IT



@FreeeFoods
freee-foods.co.uk

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Best before:



supergrain hoops



supergrain hoops

GLUTEN FREE | VEGAN | ORGANIC



with buckwheat, oats, teff & quinoa



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, 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 top with fresh strawberries and blueberries
 - Mix with dried fruit and seeds for a mid-afternoon snack.
 - Try our Cereal Flakes, Corn Flakes, Chocolate Stars, Fruit & Fibre Flakes, Fibre Flakes and Porridge Oats.



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Colours:
cmyk process
and 1 special



Finish:
Matt

