## 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.

## **≯**freee

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	499kJ
	392kcal	118kcal
Fat	3.4g	1.0g
of which saturates	0.7g	0.2g
Carbohydrate	80g	24g
of which sugars	7.4g	2.2g
F11		4.5

This pack contains approximately 10 servings.











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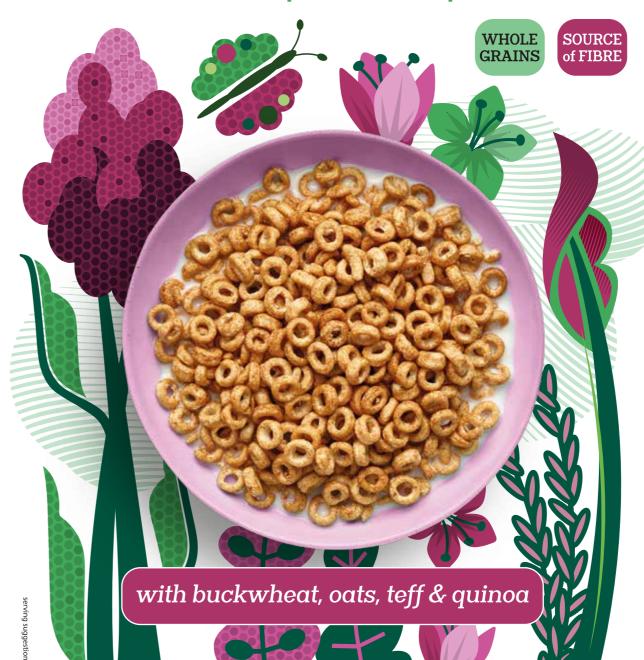




191mm

## supergrain hoops

GLUTEN FREE | VEGAN | ORGANIC





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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Finish:

