

THE BREAD WITH 2G OF CARBS AND 7G OF PROTEIN

INGREDIENTS Water, Wheat protein, soy flour, whole spelt flour, soy meal, flax seeds, sunflower seeds, sesame seeds, rye flour, wheat bran, dry sourdough, dry yeast, salt, barley malt flour, emulsifier (calcium carbonate) and preservative (calcium propionate).
For allergens including wheat and gluten, see ingredients in bold.
Contains cereals with gluten, soy, sesame seeds.
May contain traces of egg, milk, lupine.

Typical Values	Per 100g	Per Slice
	1121/268	261.5/62.5
Energy (kj/kcal)	10.6	2.67
Fat (g)	1.41	0.37
of which saturates (g)	8.1	1.82
Carbohydrates (g)	1.2	0.16
of which sugars (g)	9.5	2.05
Fibre (g)	30.4	6.75
Protein (g)	1.36	0.30
Salt (g)		



keto bread



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£3.99

Delivery every 30 days



★★★★★ 169 reviews

Size - 190g - 8 slices

Quantity

- 1 +

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2G OF CARBS

HIGH PROTEIN, 7G PER SLICE

KETO FRIENDLY, LOW CARB

DIABETIC FRIENDLY

MULTIGRAIN, 17% SEEDS

PLANT BASED

63 CALORIES, LOW CALORIE

REAL BREAD IS BACK ON THE MENU.

Forget those dense, cardboard-tasting alternatives. Our **Seeded Low Carb Loaf** is baked to bring the joy of toast back into your morning routine—without the sugar crash. Packed with seeds and rich in fibre, it toasts, spreads, and satisfies just like the real thing, but with **90% less**

INGREDIENTS

Water, **Wheat** protein, **soy** flour, whole **spelt** flour, **soy** meal, flax seeds, sunflower seeds, **sesame** seeds, **rye** flour, **wheat** bran, dry sourdough, dry yeast, salt, **barley malt** flour, emulsifier (calcium carbonate) and preservative (calcium propionate).
For allergens including wheat and gluten, see ingredients in **bold**.
Contains cereals with gluten, soy, sesame seeds.
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NUTRITIONAL INFORMATION

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SUGAR WISE

Certified low sugar

Certified reduced carb

keto bread



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£3.59

One-time purchase
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Subscribe & save (cancel at any time) 10%
£8.09

One-time purchase
£8.99

SOLD OUT

KETO BAGELS
Sold Out

★★★★★ 15 reviews

Delivery every 30 days with 10% discount

monthly subscription



ADD TO CART +

ADD TO CART +

THE WRAP WITH 2G CARBS AND 10G PROTEIN
£3.59

★★★★★ 210 reviews

KETO WHITE BREAD FOR TOAST
£8.09

★★★★★ 2 reviews

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7,268

★★★★★

VERIFIED REVIEWS



Mario from ENNISKILLEN, ... bought THE WRAP WITH 2g C...

6 hours ago

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I'm ok with cook