

150 mm

Better Than Pasta™ SPAGHETTI

Pasta shapes made from Organic
Konjac Flour and Organic Oat Fibre

9
CAL.
PER 100G SERVING



- ✓ VEGAN
- ✓ ORGANIC
- ✓ GLUTEN FREE
- ✓ WHEAT FREE
- ✓ FAT FREE
- ✓ SUGAR FREE
- ✓ ZERO CARBS
- ✓ LOW CALORIE
- ✓ FIBRE SOURCE



Biodegradable



CN-BIO-141
Non-EU Agriculture

Serve with your favourite sauce

Calories

9

0,45%*

Fat

0g

0%*

Saturates

0g

0%*

Sugar

0g

0%*

Salt

0g

0%*

of an adult's reference intake. Typical Values per 100g: Energy 35kJ/9kcal
Reference intake of average adult (8400kJ/2000kcal)

READY IN
2 MINUTES

2-3 385g e
(300g e drained weight)

500 mm

210

80

210

300g e
drained weight

385g e
Net Weight



Outer Plastic



Flour and Organic Oat Fibre.

Storage: Keep in a cool dry place. Don't freeze. Once open, keep in clear water for a maximum of two days.

Healthy Living: Better Than Pasta is free from **gluten, wheat, fat, sugar and salt**. It is suitable for many diets including **Vegan, Gluten-free, Keto and FODMAP**. They are made from organic konjac flour, which is rich in glucomannan, a soluble fibre not absorbed by the body. That is why they contain so little **calories and zero carbohydrates**.

What is konjac flour? Konjac flour is made from the root of a vegetable plant grown in South East Asia. The flour is mixed with water to make pasta, which has a neutral taste, but when added to healthy ingredients, the pasta absorbs the flavours so that you can enjoy a **healthy and delicious meal**.

Ingredients: Purified Water, Organic Konjac Flour, Organic Gluten-free Oat Fibre.

Allergen Declaration: Made in factory that handles soy, oat and sulphite.

Each pack serves 2-3.
Recommended daily allowance.

Typical Value	
Energy kJ / kcal	35kJ/9kcal
Fat, g	0g
of which saturates, g	0g
Carbohydrates, g	0g
of which sugars, g	0g
Fibre, g	4g
Proteins, g	0.2g
Salt, g	0g

Recommendations: Better Than Pasta is packed in water. You may notice a faint aroma when opening a pack. This can be easily removed by rinsing the food under cold water.



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How to prepare



OR



OR



Step 2



Step 1

Drain water from pack and rinse pasta under cold water.

Add to your favourite sauce, solid.

Boil for 1 mins, drain and add to favourite ingredients.

Dry fry in a non-stick pan for 1 mins and add to favourite ingredients.

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8