

Nutritional Information

Serving Size: 30g dry mix / 55g prepared (1 slice)

Servings Per Package: 15 slices

	DRY MIX		PREPARED	
	Avg qty per serve	Avg qty per 100g	Avg qty per serve	Avg qty per 100g
Energy	445 kJ	1484 kJ	633 kJ	1156 kJ
Protein	2.5 g	8.2 g	3.5 g	6.4 g
Fat - Total	4.1 g	13.7 g	8.2 g	14.9 g
- Saturated	0.7 g	2.2 g	1.4 g	2.5 g
Carbohydrate	16.2 g	54.1 g	17.4 g	31.8 g
- Sugars	6.8 g	22.8 g	7.9 g	14.4 g
Fibre	4.2 g	13.9 g	4.5 g	8.1 g
Sodium	6 mg	19 mg	17 mg	31 mg

Ingredients: Organic raisins [18%], organic golden flaxseeds, organic dates [11%], organic activated cashew meal, organic tapioca flour, organic figs [7%], organic apricots (sulphur-free) [7%], organic psyllium husk, organic chia seeds, organic coconut flour, baking powder (bicarbonate of soda, cream of tartar) and organic cinnamon powder.