

SEEDS AND ANCIENT GRAINS TOPPERS

NUTRITION INFORMATION

Serving size: 25g

Servings per pack: 15

Pack size: 375g

	Avg. Qty per serving	%DI per serve [†]	Avg. Qty per 100g
Energy	479kJ	6%	1910kJ
Protein	4.1g	8%	16.3g
Fat			
- Total	6.8g	10%	27.3g
- Saturated	2.1g	9%	8.3g
Carbohydrate	7.3g	2%	29.4g
- Sugars	0.7g	<1%	2.7g
Dietary fibre	4.0g	13%	16.0g
Sodium	12mg	<1%	46mg

[†]Percentage Daily Intakes (%DI) are based on an average adult diet of 8700kJ.
Your Daily Intake may be higher or lower depending on your energy needs.

INGREDIENTS: Seeds (47%) (linseeds, pumpkin seeds, sunflower seeds), ancient grains (43%) (buckwheat [42%], puffed quinoa [1.1%]), coconut (10%) (contains sulphites).

Contains sulphites.

May be present: dairy and soy, gluten* peanuts and other tree nuts.

Made in New Zealand from imported & local ingredients.

Store in a cool, dry place.

*This recipe uses ingredients that do not contain wheat or gluten. Whole Hubbards takes great care making this topper, this product is produced on the same equipment which also produces wheat and gluten containing cereals.

 **NO WHEAT OR GLUTEN***

 **NO ADDED SUGAR**

 **SOURCE OF FIBRE**

Hubbards