## Ingredients

**Seed mix 32% (sunflower seeds, sprouted RYE grains, flaxseed), RYE flour, water, WHEAT flour, sugar, yeast, RYE malt flour, salt, thickener: guar gum; preservative: sorbic acid; antioxidant: ascorbic acid.**

## Allergens

**Contains:** cereals containing gluten (rye, wheat).
**May contain:** eggs.

| Nutritional information | Per 100 g |
|---|---|
| Energy | 1240 kJ / 297 kcal |
| Fat | 9,8 g |
| of which saturates | 1,1 g |
| Carbohydrate | 39 g |
| of which sugars | 5,8 g |
| Fibre | 8,9 g |
| Protein | 8,5 g |
| Salt | 0,84 g |