

WHITE BEAN & MILLET SEED LOAF

Nutrition Facts Valeur nutritive

Per 2 Slices (66 g)
pour 2 Tranches (66 g)

Calories 210	% Daily Value * % valeur quotidienne *
Fat / Lipides 1 g	2%
Saturated / saturés 0.2 g	1%
+ Trans / trans 0 g	
Carbohydrate / Glucides 48 g	
Fibre / Fibres 11 g	44%
Sugars / Sucres 2 g	5%
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 350 mg	15%
Potassium / Potassium 75 mg	2%
Calcium 125 mg	11%
Iron / Fer 0.5 mg	4%

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS:

Water, Potato Starch, Arrowroot Flour, White Bean Flour, Tapioca Fiber, Sorghum Flour, Apple Cider Vinegar, Agave Syrup, Baking Powder, Yeast, Millet Seeds, Xanthan Gum. Cultured Rice Flour, Olive Oil, Sunflower Lecithin, Salt.

ARTISAN ROUND BUNS

Nutrition Facts Valeur nutritive

Per 1 Bun (106 g)
pour 1 Brioche (106 g)

Calories 290	% Daily Value * % valeur quotidienne *
Fat / Lipides 1.5 g	2%
Saturated / saturés 0.3 g	1%
+ Trans / trans 0 g	
Carbohydrate / Glucides 68 g	
Fibre / Fibres 16 g	64%
Sugars / Sucres 4 g	7%
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 500 mg	21%
Potassium / Potassium 100 mg	3%
Calcium 175 mg	16%
Iron / Fer 0.75 mg	5%

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INGREDIENTS:

Water, Potato starch, Arrowroot flour, White bean flour, Tapioca fiber, Sorghum flour, Apple cider vinegar, Agave syrup, Baking powder, Yeast, Xanthan gum, Cultured rice flour, Olive oil, Sunflower lecithin, Salt

CINNAMON RAISIN SUPERFOOD BAGEL

Nutrition Facts Valeur nutritive

Per 1 Bagel (116 g)
pour 1 Bagel (116 g)

	% Daily Value *
	% valeur quotidienne *
Calories 270	
Total Fat / Lipides 5 g	8%
Saturated / saturés 1 g	4%
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 1.5 g	
Omega-6 / oméga-6 1 g	
Omega-3 / oméga-3 0.5 g	
Monounsaturated / monoinsaturés 2.5 g	
Total Carbohydrate / Glucides 51 g	
Fibre / Fibres 9 g	36%
Sugars / Sucres 6 g	13%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 360 mg	15%
Potassium / Potassium 225 mg	6%
Calcium 100 mg	9%
Iron / Fer 3.5 mg	25%

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INGREDIENTS:

Water, Millet flour, Sorghum flour, Tapioca starch, Gluten free oat flour, Raisin, Psyllium husk, Olive oil, Ground chia seed, Vegetable oil, Yeast, Apple cider vinegar, Cultured rice flour, Salt, Pure maple syrup, Baking powder, Cinnamon

CHIA & FLAX SEED SUPERFOOD BAGEL

Nutrition Facts Valeur nutritive

Per 1 Bagel (116 g)
pour 1 Bagel (116 g)

	% Daily Value *
	% valeur quotidienne *
Calories 260	
Total Fat / Lipides 6 g	9%
Saturated / saturés 1 g	4%
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 2.5 g	
Omega-6 / oméga-6 1 g	
Omega-3 / oméga-3 1 g	
Monounsaturated / monoinsaturés 2.5 g	
Total Carbohydrate / Glucides 46 g	
Fibre / Fibres 9 g	36%
Sugars / Sucres 3 g	6%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 360 mg	15%
Potassium / Potassium 225 mg	6%
Calcium 100 mg	9%
Iron / Fer 3 mg	21%

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INGREDIENTS:

Water, Millet flour, Sorghum flour, Tapioca starch, Gluten free oat flour, Psyllium husk, Pure maple syrup, Olive oil, Ground white chia seed, Flax seeds, Black chia seeds, Millet seeds, Yeast, Apple cider vinegar, Cultured rice flour, Salt, Baking powder

CHIA CLASSIC LOAF

Nutrition Facts Valeur nutritive

Per 2 Slices (64 g)
pour 2 Tranches (64 g)

Calories 160	% Daily Value * % valeur quotidienne *
Total Fat / Lipides 2.5 g	4%
Saturated / saturés 0.3 g	2%
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 0.5 g	
Omega-6 / oméga-6 0.4 g	
Omega-3 / oméga-3 0.2 g	
Monounsaturated / monoinsaturés 0.2 g	
Total Carbohydrate / Glucides 32 g	
Fibre / Fibres 14 g	56%
Sugars / Sucres 1 g	2%
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 230 mg	10%
Potassium / Potassium 50 mg	1%
Calcium 100 mg	9%
Iron / Fer 0.5 mg	4%

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* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS:

Water, Chia flour,
White bean flour,
Potato Starch, Tapioca
Fiber, Sorghum Flour,
Flax meal, Yeast,
Apple Cider Vinegar,
Xanthan gum,
Cultured Rice flour,
Baking Powder,
Sunflower Lecithin,
Salt