



# Seriously Seedy

## Wholemeal wheat flour:

High in fibre to remove fats and cholesterol, proteins, B-Vitamins for the nervous system, Calcium and Phosphorus - good for bone health.

## Buttermilk:

A traditional fermented food rich in beneficial probiotic bacteria, low in fat and low in lactose (milk sugars), it works with Bi Carb Soda to leaven bread without the need to use yeast, it is rich in the minerals Calcium, Potassium and Phosphorus for cardiovascular health and Vitamins B12 and B2 important for the nervous system and the conversion of carbohydrates to energy.

Nutrition Information		
Servings per package:	14.00	
Serving size:	50.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	517 kJ	1030 kJ
Protein	4.9 g	9.9 g
Fat, total	4.9 g	9.8 g
- saturated	0.6 g	1.2 g
Carbohydrate	13.3 g	26.5 g
- sugars	2.2 g	4.5 g
Sodium	236 mg	471 mg

## Bi-Carb of Soda:

Acts as a raising agent in bread, it is alkalising, a natural mineral and has multiple health benefits.

## Salt:

Salt is a necessary ingredient in bread, it is also a natural preservative. There are various forms of salt, we use a good un-iodised salt. Processed breads are unhealthy as they use high amounts of salt. Our breads are low salt so they're a really good option for people who are looking to make healthier choices.

## Seeds:

Seeds are naturally low in saturated fats and higher in Omega 3's. Pumpkin is high in Zinc often low in the diet and a co-factor in over 200 enzymatic processes in the body and important for male fertility.

## Treacle:

Also known as molasses which often has healthier connotations - it is a sugar, and the byproduct of sugar refining, therefore high in minerals especially iron, magnesium and calcium. A little goes a long way and it is often seen as a health food when taken in moderation.