



Organic Seed Bread and Muesli

Organic Seed Bread

weight

Seeded Spelt
Spelt & Emmental Cheese

200g
200g

Roasted Onion
Classic 3-Seed
Emmental & Pumpkin Seed

200g
200g
200g

Our Seed bread is a delicious, crunchy alternative to conventional bread and is made of highest quality organic ingredients.

Specially selected, organically grown cereal grains are used, including whole wheat, spelt and rolled oats. Linseeds are also added to the dough to enhance the texture, and pumpkin, sunflower, linseeds, and sesame seeds create the toppings that vary the flavours.

All of these ingredients are organic and add important fibre, Omega-3 essential fatty acids and many vitamins and minerals to the diet. They offer substantial nutritional value on their own, especially when compared to other crackers, crisps and various snack foods. Two of the varieties are baked with organic spelt flour for those with wheat sensitivity or those who just love the smooth, nutty flavour of this alternative flour.

Save for the very popular Emmental Cheese varieties you will find no butter, shortening, or added oils of any type in these Seed breads. These products will help make eating healthy fun and offer better nutrition to you and your family. The seed breads can be enjoyed with any meal of the day, as a snack between meals, as well as being the perfect complement to a glass of wine in the evenings, on its own, with a dressing, or a cheese board.



Organic Muesli

weight

Why not check out our collection of incredible organic Mueslis which you'll also find at the markets

Crunchy Spelt
Good Morning Spelt
Wild Berry and Fruit

375g
500g
375g