

Product: **Fibre bread mix**

Ingredients: Seeds and kernels (Psyllium, sunflower, **sesame**, pumpkin, flax), fibre (from sugar beet, chicory and peas, FiberFin: resistant corn starch), **whole egg powder**, pea protein, sweetener: erythritol (Sukrin), mineral salt (sodium chloride and potassium chloride), raising agents (bicarbonate, disodium phosphate).

Nutritional information per 100 g finished bread:

Energy	605 kJ/145 kcal
Fat	8.4 g
- of which saturated	1.4 g
Carbohydrates	2.5 g
- of which sugar	0.0 g
Dietary fibre	21.2 g
Protein	8.7 g
Salt	1.0 g



Instructions:

- Preheat your oven to 175 °C.
- Place the bread mix into a bowl and add 300 ml of water.
- Mix well and leave the mix to rest for about three minutes to thicken.
- Shape the bread with damp hands and place it directly onto a baking tray lined with parchment.
- Place in the oven and bake for 70-80 minutes until golden.
- Remove from tray and cool completely on a rack.

The bread keeps best in a bag in the refrigerator, which it will last for 4 to 5 days.
Can also be sliced and frozen.

Available in **boxes of 250 g, carton of 8**

Shelf life: **18 months** when stored in a dry place at room temperature.

Country of origin: **Norway**