











Keto Hemp Bread

Nutritional Info :slices per package- 16

Serving Size –( 2 slices) 75g

Quantity per Serving Qty per 100

Energy 705kj 940kj

Protein 10.05g 13.4g

Fat-total 9.67g 12.9g

-saturated .97g 1.3g

Carbohydrate 3.37g 4.5g

-sugars 1.65g 2.2g

Dietary Fibre 10.57g 14.1g

Gluten 0 0

Sodium 345mg 460mg

KETO HEMP BUNS – 520g

Buns per Package -4

Serving Size( one bun) 130g

Per serving per 100g

Energy 1183kj 910kj

Protein 21.06g 16.2g

Fat -Total 19.24g 14.8g

-saturated 1.82g 1.4g

Carbohydrates 2.73g 2.1g

-sugars 2.73g 2.1g

Dietary Fibre 27.3g 21g

Gluten 0g 0g

Sodium 624mg 480mg

**KETO FIRECRACKERS 150g:**

Servings per pack – 12 Serving Size 12.5g

Quantity per Serving Quantity per 100g

Energy 165kj 1320kj

Protein 1.85g 14.8g

Fat-total 2.8g 22.7g

-saturated .8g 6.3g

Carbohydrates .7g 5.3g

-sugars .55g 4.4g

Dietary Fibre 1.85g 14.8g

Sodium 86mg 688mg

Potassium 3.75mg 30mg

Barcode : 9 421902 900150

**PIZZA BASES**

Bases per package : 2

Serving Size : half of one base 87g

Quantity per Serving Quantity per 100g

Energy 796kj 910kj

Protein 13g 14.8g

Fat- total 12.2g 14g

-saturated 1.2g 1.4g

Carbohydrate 1.8g 2.1g

-sugars 1.8g 2.1g

Fibre 18.3g 21g

Sodium 420mg 480mg

Gluten 0g 0g

#all values are averages unless otherwise specified

**Keto Hemp Bread 600gm**

**Gluten Free, Grain Free, Vegan**

INGREDIENTS: Filtered Water, Coconut Flour\*, Green Banana Flour\*, Hulled Hemp Seed, Psyllium, Hemp Flour, Pumpkin Seed Flour, Pumpkin Seeds\*, Sunflower Seeds\*, Chia, Linseed\*, Chicory Fibre, Cider Vinegar\*, Guar Gum, Sea Salt, E461, E464, Xanthan, Yeast.

\* CERTIFIED ORGANIC

*Shelf Life: 4 weeks*

**Keto Hemp Buns (4 pack) 520gm**

**Gluten Free, Grain Free, Vegan**

INGREDIENTS: Filtered Water, Coconut Flour\*, Green Banana Flour\*, Hulled Hemp Seed, Psyllium, Hemp Flour, Pumpkin Seed Flour, Pumpkin Seeds\*, Sunflower Seeds\*, Chia, Linseed\*, Chicory Fibre, Cider Vinegar\*, Guar Gum, Sea Salt, E461, E464, Xanthan, Yeast.

\* CERTIFIED ORGANIC

*Shelf Life: 4 weeks*

**Keto Pizza Bases (2 pack) 350gm**

**Gluten Free, Grain Free, Vegan**

INGREDIENTS: Filtered Water, Coconut Flour\*, Banana Flour\*, Hulled Hemp Seed, Psyllium, Hazelnut Flour, Hemp Flour, Almond Flour, Pumpkin Seeds\*, Sunflower Seeds\*, Chia, Linseed\*, Chicory Fibre, Cider Vinegar\*, Guar Gum, Sea Salt, E461, E464, Xanthan, Yeast.

\* CERTIFIED ORGANIC

*Shelf Life: 3 weeks*

**Keto Firecrackers 150gm**

**Gluten Free, Grain Free,**

INGREDIENTS: Sunflower Seed Flour, Green Banana Flour, Pumpkin Seeds, Psyllium, Hemp Seed, Hemp Flour, Linseed, Chia, Cheddar Cheese, Parmesan, Cayenne Pepper, Turmeric,, Sea Salt, Baking Soda, Xanthan Gum.

\* CERTIFIED ORGANIC

*Shelf Life: one year*