

Seed Bread Price List

Prices are correct for date of publishing 8th March 2012

€

Wheat Seed Bread 200g	
Classic 3-Seed	3.20
Roasted Onion	3.20
Tomato Mozzarella	3.20
Emmental & Pumpkin Seed	3.20
Spelt Seed Bread 200g	
Seeded Spelt	3.20
Spelt & Emmental Cheese	3.20
Selection Basket 200g	
An exciting, bite size selection of all our wheat Seed Bread varieties.	3.50



Baking Emporium Ltd Seed Breads are a **delicious, crunchy** alternative to conventional bread and are made of the **highest quality** organic ingredients.

Specially selected, organically grown cereal grains are used in the production of these **nutritious** breads, including whole wheat, spelt and rolled oats. Linseeds are also added to the dough to enhance the texture, and pumpkin, sunflower, linseeds, as well as 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 for those who just love the smooth, nutty flavour of this incredible alternative flour.

Save for the very popular Emmental Cheese varieties you will find no butter, shortening, or added oils of any sort in these Seed breads.

Baking Emporium Ltd Seed Breads will help make eating **healthy** fun and offer **better nutrition** to you and your family. They 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. Of course, this great snack isn't limited to the 'older folks' but makes a great tasty surprise and an amazing **health boost** for every child's lunch box too, and just like nuts, all those different seeds are great **brain food** and can aid **creativity**.