

FLAX OAT BRAN

(100% whole wheat)



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What's so great about flaxseeds???. They're rich in good-for-you Omega-3 fatty acids, and cholesterol-lowering soluble & insoluble fiber. Throw in some pecans, rolled oats, and oat bran, and you have one scrumptious loaf, proving that eating well can taste amazing!

Serving Ideas for our whole-grain breads:

- Perfect for toast & sandwiches.
- Serve with salad or soup for a healthy & delicious meal
- Try an open-faced grilled cheese with sharp cheddar
- For a flavorful hors d'oeuvre, slice into thin squares (like crackers) and serve with assorted cheeses
- Cut into dainty, thin, half-size slices in a basket for dinner guests
 - adds great texture and flavor to complement a meal, without being heavy.



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Nutrition Facts

Serving Size 1 slice 1/21 loaf

1.75oz (50g)

Servings Per Container About 21

Amount Per Serving

Calories 130 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 270mg **11%**

Total Carbohydrate 21g **7%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:

Fresh-ground 100% Whole Wheat Flour, Filtered Water, Honey, Flax Seeds, Oat Bran, Pecans, Yeast, Rolled Oats and Salt.

CONTAINS: WHEAT AND PECANS

*Made in our kitchen
from scratch-
(just like homemade)
.....always!*



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