

BREADS

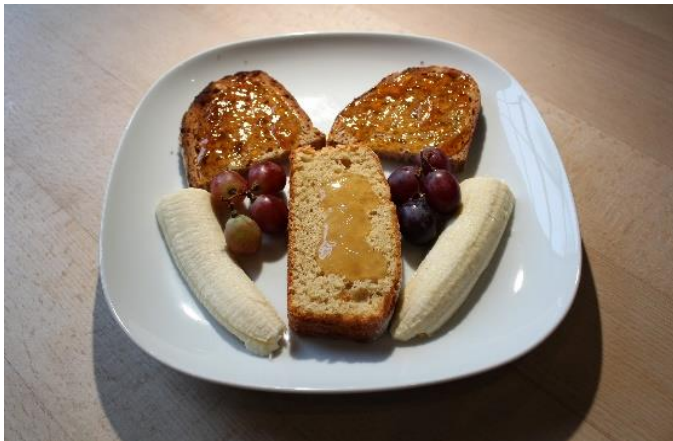


There are many healthy bread options that can go with any meal.

Clockwise from top left: seeded sourdough made by the naturally occurring fermentation of dough....seeded wholemeal...and sunflower seed wholemeal rye bread.



Dark 'Polish' rye bread is a natural sourdough bread that is great for toasting. With added Inulin, a plant-based dietary fibre, it makes a healthy base for marmalade... and try a banana with it too !



As well as toast and marmalade, you could add a slice of almond and orange cake, and some fruit...but make sure the banana is not too ripe which would increase the sugar content.



Walnut and banana bread, with banana and crème fraîche.