	<p>Nothing but honest goodness from Finland</p>	<p>100% OAT WITH SEEDS SPECIFICATION Version date: 1.2.2024 Pages: 3</p>
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Yeast-free OAT WITH SEEDS is bread without yeast and flour. It combines delicious taste and natural healthiness, and it contains plenty of delicious and healthy seeds. Suitable for the FODMAP diet.

Suitable for FODMAP, VEGAN AND VEGETARIAN diet. Rich in fiber and lactose-free.



PRODUCT IDENTIFICATION	
Product code	
Product name	100% Oat with Seeds, Tin Loaf
Physical condition	Quick-frozen, Fully baked, Pre-sliced
Brand	Bare Bakery- Catalogue
EAN code	
Sales unit	Carton
Pieces per sales unit	1 Carton = 6 Pieces

INGREDIENTS	
<p>Water, seeds (26 %) (sunflower, flax, chia), oatmeal (22 %), oatgrain (11 %), syrup, psyllium fibre, iodised salt, raising agents (E450, E500), control (E263), preservative (E200).</p>	
<p>May contain small amounts of other cereals. Flakes and grains 100% oats. Grains used for baking are of Finnish origin.</p>	
<p>Baked in Finland.</p>	
<p>The product is manufactured on a line where other cereals are also processed.</p>	

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PHYSICAL APPEARANCE FOR 1 PIECE	
Weight	420 g+/- 10 g
Length	160 mm+/-15 mm
Width	75 mm+ /- 10 mm
Height	75 mm
Number of slices	16

AVERAGE NUTRITIONAL VALUE FOR 1 SLICE (28 G)	
Energy	312 kJ/74 kcal
Fat	3,6 g
of which saturates	0,4 g
Carbohydrate	6,7 g
of which sugars	0,9 g
Fibre	2,3 g
Protein	2,7 g
Salt	0,3 g

AVERAGE NUTRITIONAL VALUE FOR 100 G	
Energy	1115 kJ/266 kcal
Fat	13 g
of which saturates	1,5 g
Carbohydrate	24 g
of which sugars	3,2 g
Fibre	8,1 g
Protein	9,6 g
Salt	1,2 g


INSTRUCTIONS FOR USE	
Specific storage conditions	Keep at -18° C
	Do not refreeze after defrosting
Shelf life after production	9 month (s)
Defrosting	In room temperature, use within 5 days after defrosting.

ALLERGENS		
	Present in product	Possible cross-contamination
Cereals containing gluten, namely: wheat, rye, barely, oats, spelt, kamut or their hybridised strains, and products thereof		
wheat	no	yes
rye	no	yes
barley	no	yes
oats	yes	yes
spelt	no	yes

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Crustaceans and products thereof	no	no
Eggs and and products thereof	no	no
Fish and products thereof	no	no
Peanuts and products thereof	no	no
Soybeans and products thereof	no	no
Milk and products thereof	no	no
Nuts, namely: almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts and products thereof	no	no
almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts and products thereof	no	no
almonds		
hazelnuts		
walnuts		
cashews		
pecan nuts		
brazil nuts		
pistachio nuts		
macadamia nuts		
Celery and products thereof	no	no
Mustard and products thereof	no	no
Sesame seeds and products thereof	no	no
Sulphur dioxide and sulphites at concentrations of more than 10 mg/ kg or 10 mg / litre in terms of the total SO 2 which are calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers	no	no
Lupin and products thereof	no	no
Mollucs and products thereof	no	no

PACKAGING (outer dimensions)							
PRIMARY PACKAGING							
Description	Material	Weight	Length	Width	Height		
film+carton	OPP+paper, Carton+PE	14 g	160 mm	75 mm	75 mm		
SECONDARY PACKAGING							

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Description	Material	Weight	Length	Width	Height		
Cardboard box	Cardboard	123 g	465 mm	173 mm	85 mm		

PALLET CONFIGURATION			
Pallet type	Euro pallet (120x80)		
Net weight Sales unit	2,5 kg	Sales unit/layer	9
Gross weight Sales unit	2,8 kg	Layers/pallet	11
Total pallet height (pallet incl.)	115 cm	Sales unit/pallet	99

MICROBIOLOGY	CFU objective
Total aerobic mesophilic germ count	0 CFU/ g
Yeasts	0 CFU/ g
Moulds	0 CFU/ g
Bacillus spp.	0 CFU/ g

GMO-FREE DECLARATION
We declare that the products which we deliver do not contain genetically modified organisms and that they were not obtained from genetically modified crops. Our products comply with the rules (EG) 1829/2003 and (EG) 1830/2003, and because of that need no further labelling.