

## WILD SOURDOUGH

**GLUTEN FREE 1-to-1 BAKING FLOUR**

**ALL PURPOSE - PREMIUM PLANT BASED**

**VEGAN, LOW FODMAP - NO GUMS added**

**More Info & Recipes: [www.wildsourdough.com.au](http://www.wildsourdough.com.au)**

**INGREDIENTS:** NON-GMO maize starch, potato starch,  
WHOLE SEED GLUTEN FREE FLOUR BLEND  
(NON-GMO white maize, teff, linseed, psyllium husk),  
tapioca starch, rice flour, bamboo shoot fibre, calcium carbonate

**FREE FROM GLUTEN/DAIRY/EGG/NUT/SOYA**

BATCH NUMBER: 01/2023

BEST BEFORE: MARCH 2025

NET WEIGHT: 10kg CARTON

Made in Australia,

from >20% Australian Ingredients

NON-GMO ingredients



Storage: <3-4C preferred or less 15C.

Keep in a cool & dry area, away from sunlight

### Nutrition Information: serving size 33g

Average quantity	per serve 33g	Per 100g
Energy	459 kJ	1390 kJ
Protein	1.2 g	3.6 g
Fat, total -saturated	0.3 g 0 g	0.9 g 0.1 g
Carbohydrate -sugars	26.2 g 0.2 g	79.3 g 0.5 g
Sodium	8.0 mg	23.0 mg
Calcium	122 mg	366 mg
Fibre	2.24 g	6.72 g
Gluten	Not detected	Not detected

wild  
sourdough®



**Scan QR code for recipe  
videos and inspiration  
or visit**

**[www.wildsourdough.com.au](http://www.wildsourdough.com.au)  
for gluten free starter,  
classes and free events**

Follow wild sourdough®  

Wild Sourdough Pty Ltd, PO BOX 500, CLIFTON HILL VIC 3068. Mob. 0412272327