



BRETON MIX

The Breton mix was created for people looking for interesting ideas for dishes that will not only fit into the concept of a well-balanced diet but also provide them with satiety and unique culinary experiences. It consists of legumes (beans, chickpeas and lentils), an invaluable source of protein and fibre. The product is especially recommended for flexitarians, vegans and vegetarians, i.e. people who have totally or partially given up eating meat products. Pasteurised.

Advantages of the product:

- preservative-free
- source of plant protein
- 100% natural ingredients
- gluten-free

NUTRITIONAL VALUE PER 100 G:

energy	91 kcal
fat	2.1 g
sugar	3.2 g
saturated fatty acids	0.2 g
protein	4.5 g
carbohydrates	12 g
salt	1 g