

# Piparkoogitainas / Gingerbread dough (400g)

Gluteeni-, teravilja-, ja piimavaba.

Gluten, grain, and lactose free

**Koostisosad:** mandlijahu, marantajahu, vahtrasiirup, kookospalmi suhkur, melass, palmiõli, maitseained (ingver, nelk, vürts, muskaatpähkel, must pipar, kaneel, kardemon), kookospiim, kookosjahu, söögisooda, sool.

**Ingredients:** almond meal, arrowroot, maple syrup, coconut palm sugar, molasses, palm oil, spices (ginger, clove, allspice, nutmeg, black pepper, cinnamon, cardamom) coconut milk, coconut flour, baking soda, salt.

## Toitumisalane teave / Nutrition facts (100g):

Energiasisaldus/Energy:	1950 kJ/472 kCal
Rasvad/Fats:	34,4g (millest küllastunud rasvhapped/saturated fats: 2,3g)
Süsivesikud/Carbohydrates:	4,6g (millest suhkur/sugar: 1,2g)
Kiudained/Dietary fibre:	27,6g
Valgud/Proteins:	22g
Sool/Salt:	0,9g

## Säilitamine külmikus/Keep refrigerated

Parim enne: vt. pakendilt / Best before: look at the package

**Küpseta** 140-150C juures 10-15 minutit / **Bake** at 140-150C for 10-15 minutes.

## Tootja/Manufacturer:

[www.paleopagarid.ee](http://www.paleopagarid.ee), Hobby Mills Oü, Laki 14A, Tallinn, Estonia