

Why Eating Your Spoon is Great For You!



**1 crunch spoon
3.3g fibre**

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**1 orange
3.1g fibre**

OR



**1 banana
3.5g fibre**

WHAT GOES INTO A CRUNCH SPOON?



**whole wheat
flour**



**golden
flaxseeds**



coconut



buckwheat



chickpeas



psyllum husks



tapioca starch



chia seeds

To find out more - visit us @ www.crunchcutlery.com!