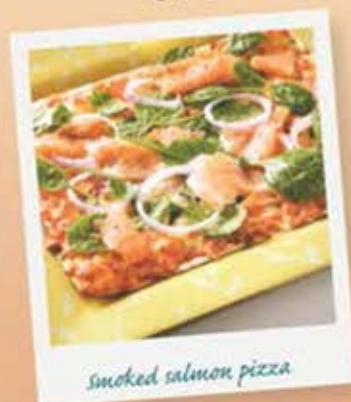
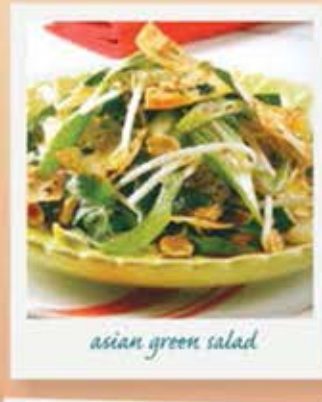


Mountain Bread

the thin and natural alternative



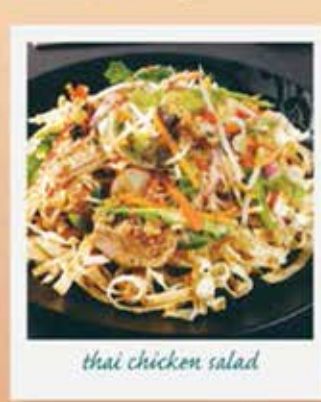
smoked salmon pizza



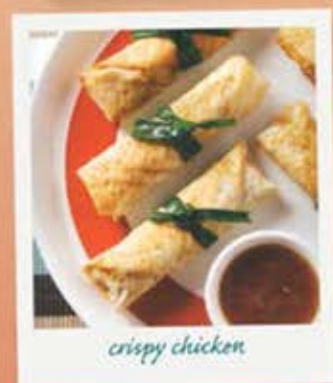
asian green salad



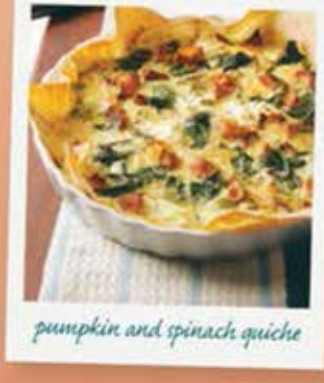
lamb and rosemary hot pot



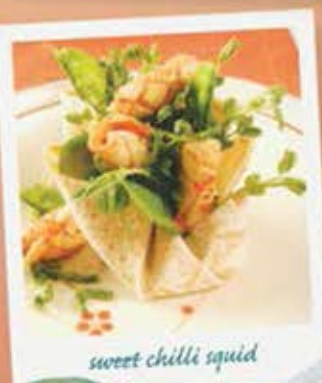
thai chicken salad



crispy chicken



pumpkin and spinach quiche

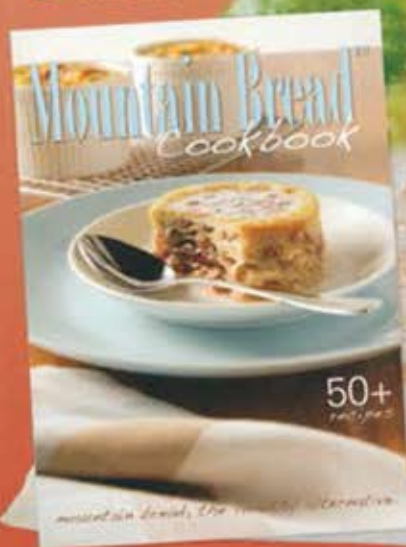


sweet chilli squid



lasagne

- ✓ No milk, egg or sour dough products
- ✓ No added sugar, oil or fat
- ✓ No artificial ingredients
- ✓ Cholesterol-free
- ✓ Yeast-free



Certified Kosher & Pas Yisroel



Download the NEW recipe cookbook from www.mountainbread.com
 Available as Whole Wheat, Rye, Oat, Corn, Barley, Rice, White & Organic* Whole Wheat

* (Made with Organic Flour not available in UK). All varieties contain Wheat.

Mountain Bread

information sheet



- ✓ **Only 3 ingredients:** flour, water & salt...that's it!!!
- ✓ **No yeast, cholesterol, milk, egg or sourdough. No added fat, oil or sugar.**
- ✓ Indigenous paper-thin lebanese bread from Australia
- ✓ **Shelf life: 90 days;** after opening: keep in fridge for 5-7 days
- ✓ **Freeze for 12 months** (can freeze, defrost, re-freeze, etc)
- ✓ **70 Calories** per sheet
- ✓ **Varieties available:** whole wheat, organic whole wheat, white, oat, corn, rice, rye, barley.
(All varieties have wheat)
- ✓ **There is no gluten or wheat free mountain bread available – all have some wheat.** If not 100% wheat, then wheat component is reduced to 30% wheat and 70% other flour (i.e., Rye, oat, corn, rice, barley)

Some uses

- ✓ **Kids love mountain bread!** Roll up peanut butter and jelly, tuna fish, any sandwich filling or serve plain
- ✓ **Make sushi,** curry, other asian 'wraps'
- ✓ Toast and crumble into cereal
- ✓ Use in place of **lasagna noodles**
- ✓ **Makes great bread pudding!**
- ✓ **Light & healthy Pizza:** spread ricotta, olive oil, tomato, salt, pepper and heat for a couple minutes in oven—delicious!!!
- ✓ Make **spicy chips**
- ✓ Make **sweet 'crepe' wraps** with chocolate sauce, cream cheese, and fruit
- ✓ Take **backpacking or camping!**

Demo suggestions

- ✓ Remove **entire sheet** from package, hold in hand like a pizza and show people how fresh and lovely is a 'slice' of Mountain Bread! Barley is especially a great variety to use for this. (Taste variety is minimal between varieties)
- ✓ Keep Mountain Bread cut in small tasting squares (1"x1") **in the package**, on table with some nice soft cheese (great and simple to demo with Camembert or Brie)
- ✓ **Please leave the tasting squares in the package** as air gets the better of the fresh tasting squares
- ✓ Or, choose something from our beautiful cookbook!

Passive demos

- ✓ Just leave tasting squares (**in package**) with self serve cheese or other dip or filling

thank YOU!