e250g

Suitable for freezing

CRAVING CRUST

Dairy Free

Gluten Free Pizza Base

Plain Pizza Base

Cooking Instructions: Pre-heat a baking tray in a fan oven to 180°C, add toppings of your choice to pizza base, place on baking tray and cook for 10-12 minutes, or until cheese bubbles and toppings are piping hot. For a crispier crust, brush with olive oil before cooking. If previously frozen, defrost before cooking for best results.

Ingredients: Flour Blend (Gluten Free **WHEAT** Starch, Dextrose, Maize Starch, Buckwheat Starch (Naturally Gluten Free), Rice Starch, Psyllium Seed Fibre, Thickener: Guar, Flavouring), Water, Olive Oil, Sugar, Salt, Yeast. **Tomato Sauce:** Tomatoes, Onion, Sugar, Salt, Basil, Rehydrated Oregano, Acidity Regulator (Citric Acid). **BBQ Sauce:** Water, Sugar, Vinegar, Tomato Paste, Thickener (Modified Maize Starch), Salt, Flavouring, Onion Powder, Garlic Powder, Caramel (E150a), Preservative (Potassium Sorbate), White Pepper.

Contains Gluten Free WHEAT Starch. May Contain NUTS (Almonds), MUSTARD. Suitable for Coeliacs and those with a gluten intolerance, but not suitable for those with a WHEAT allergy or intolerance.

Nutrient	Per 100g	Per Pizza (250g)
Energy	1065 kJ/231 kcal	4900 kJ/578 kcal
Fat	4.9g	12.3g
of which saturates	0.7g	1.8g
Carbs	44.8g	112g
of which sugars	2.8g	7.1g
Fibre	3.2g	8.0g
Protein	3.4g	8.5g
Salt	1.3g	3.3g

Refrigerate as soon as possible and consume by best before date, or freeze and consume within 3 months. Defrost before cooking for best results.

Produced in a Gluten Free Facility at Unit 10, Hill Crest Park, Hoyle Road, Nottingham, NG14 6QJ
www.cravingcrust.co.uk