

# Mountain Bread

*the light and healthy 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



Download the entire 50+ recipe cookbook from [www.mountainbread.com](http://www.mountainbread.com)

Available as Whole Wheat, Rye, Oat, Corn, Barley, Rice, White & Organic Whole Wheat\*

\* (Organic Whole Wheat 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!*