



The product you are sampling today is made with breadfruit.

-Breadfruit contains all essential amino acids making its protein **high quality**. It is high in carbohydrates and a good source of dietary fiber, potassium, calcium, and magnesium with small amounts of thiamin, riboflavin, niacin and iron.

-Breadfruit has been an important staple crop in the Pacific for more than 3,000 years.

-Breadfruit has great potential to increase food security throughout the tropics/sub-tropics, where it can grow.