

# Healthy, Freshly Baked Bread At Goodies



The High Fibre Health Bread at Goodies

The High Fibre Health Bread at Goodies, the delicatessen at Cinnamon Lakeside Colombo, is prepared with ground kurakkan (finger millet) grains, multi-seeds, and flour to balance out a perfect flavour. These healthy, high-fibre, ingredients create the dense, moist 100 percent natural loaf. □It can be used for sandwiches or served toasted at breakfast for a healthy start to the day. The High Fibre Health Bread at Goodies is a delectable treat and a healthy anytime loaf.

“This bread can be served with anything. The aromatic combination, once it’s toasted, will tickle your tastebuds. It is perfect with a serving of honey, peanut butter, or simply with a dash of butter. Parents should encourage their kids to eat healthy. Prevention is always better than cure,” says Lakshman Silva, Assistant Pastry Chef at Cinnamon Lakeside, Colombo.