The demand for Plant Based eating is continuing to grow and Herman Brot is an Australian company that from its inception in 2014, has been at the forefront of the plant-based food movement.

All Herman Brot products are made using pure plant-protein. They are vegan and/or vegetarian and are perfect for people looking for plant-based foods that they can eat as a regular part of their diet.

“All of our products are loaded with pure plant protein and with bread, buns, pasta, muesli, crackers and wraps in our product suite, we’ve got plant protein requirements for all meals covered,” said founder Christian Coenen.

Herman Brot’s pasta is a standout when it comes to plant protein. With an incredible 39.4g of protein per serve, it’s also low carb and low GI, making it the perfect plant-based pasta. Just add sauce and fresh vegetables for a delicious plant-based and very nutritious meal.

With environmental ethics and animal welfare at its heart, Herman Brot is also very proud to be playing a role in fighting climate change.

“We are very proud to be making a major contribution to the national and international efforts to improve animal welfare, reduce the consumption of animal products and in turn help lower the enormous food emissions created by the meat industry.

“By using plant protein in all of our products, we are not only providing customers with healthier options, we are also contributing to a better lifestyle for animals while at the same time reducing the carbon footprint which has a positive effect on the environment and climate change,” Christian said.

All Herman Brot products are also low carb and low GI. They all carry the 5 Star health rating and have been nutritionally tested by SUGiRS University of Sydney.

Herman Brot products are available at Independent Supermarkets (including IGA’s/Foodlands/Foodworks) and health food stores. All products are also available to order online via Herman Direct.

For more information on each product visit www.hermanbrot.com.au.

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