INGREDIENTS: DOUGH MIX: BLEACHED WHEAT FLOUR ENRICHED (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE, BROWN SUGAR, WATER, HEMP FLOUR, HEMP SEED, HEMP OIL, YEAST. CONTAINS: WHEAT